The Manual for the Neighborhood Council-Precinct Assembly (NC-PA)

A System of Citizen-based,
Democratic Self Government
From the Voting-Precinct Level—
Of, By, and For
We the People

Neighborhood Councils–
Precinct Assembly (*NC-PA)*
*Helping societies heal
through deep democracy*

NC-PA Action USA

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Fifth edition (2021)   *For the "Lockdown Era" and beyond*

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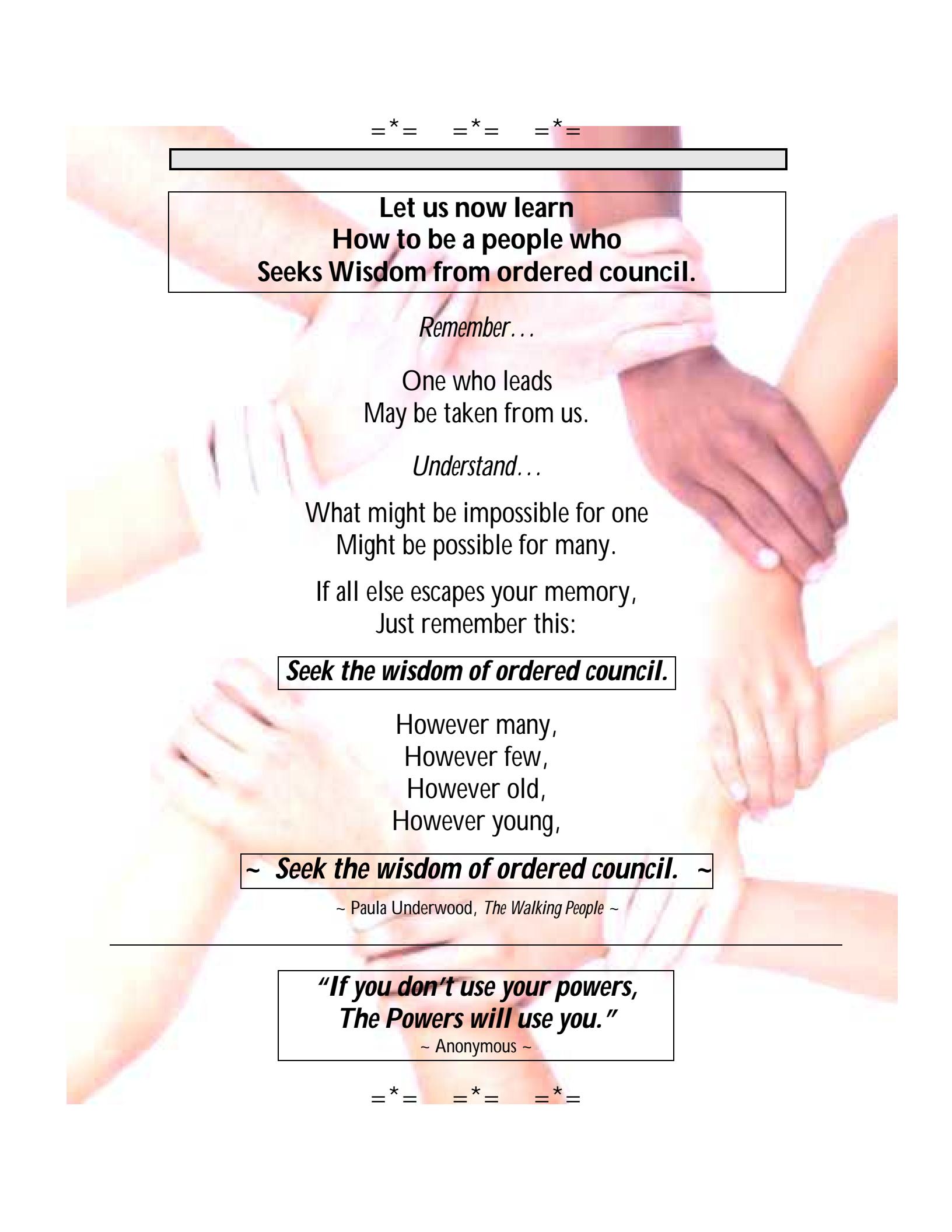
**Let us now learn
How to be a people who
Seeks Wisdom from ordered council.**

Remember…

One who leads
May be taken from us.

Understand…

What might be impossible for one
Might be possible for many.

If all else escapes your memory,
Just remember this:

Seek the wisdom of ordered council.

However many,
However few,
However old,
However young,

~ *Seek the wisdom of ordered council.* ~

~ Paula Underwood, *The Walking People* ~

_____

*"If you don't use your powers,
The Powers will use you."*
~ Anonymous ~
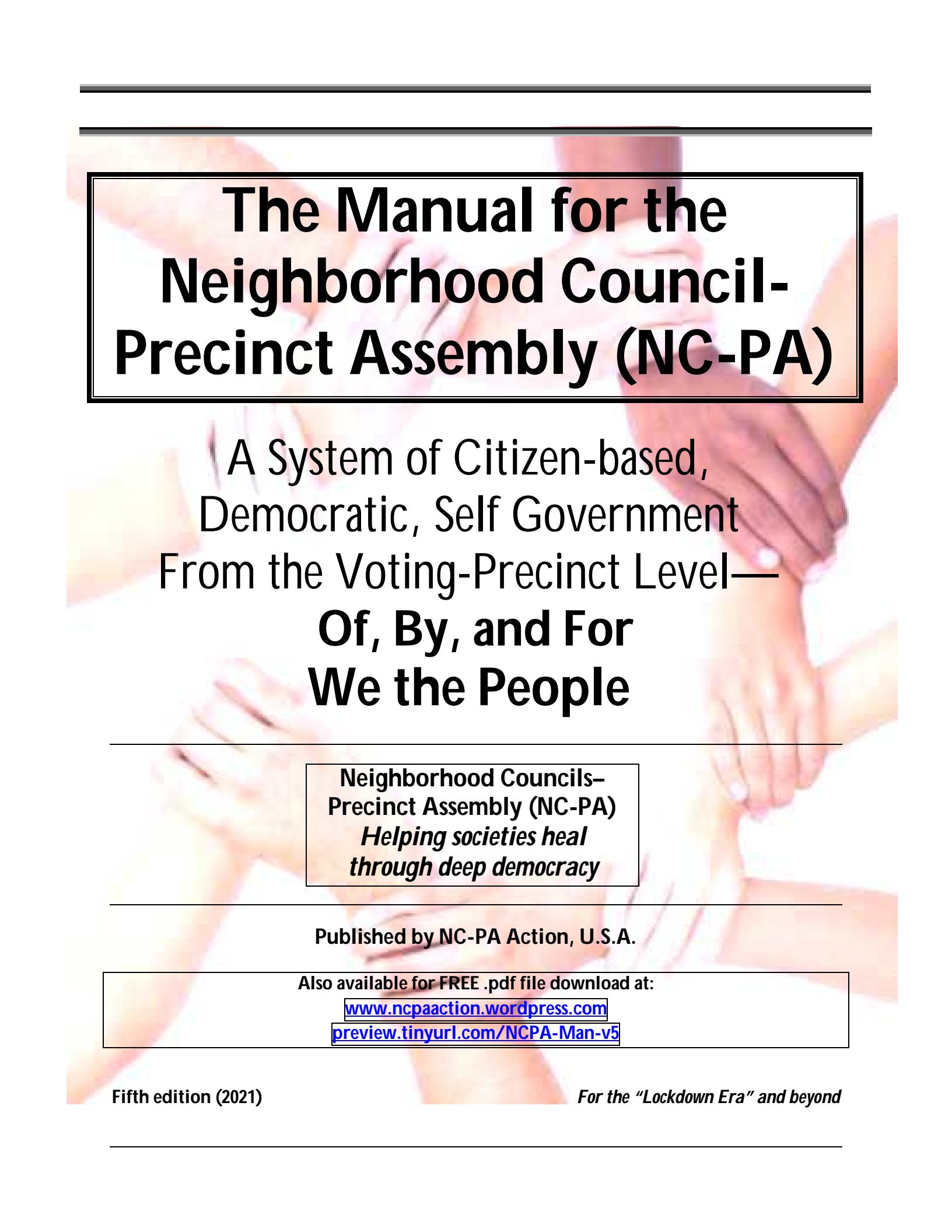
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Published by NC-PA Action, U.S.A.

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"To Get from Dystopia to Paradise, Evolve Wings."

NOTE: *The Manual for the Neighborhood Council - Precinct Assembly (NC-PA)* contains subject matter that might cause unpleasant reflexive responses in some readers. Please watch out for them and see which are reflexively felt when that material is read. Doing so gives one insight into one's genuine motivations, fears, and hopes. The more conscious these become, the better the healing of pathological divisions within one's own self, and—with enough of us becoming conscious together—the pathological divisions in today's society.

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*This **Manual** has taken considerable work to produce. If it is discarded, filed, forgotten, etc., its value is reduced to nothing. If you don't intend to use it, please give it to someone who you think likely would use it. There are others who want and look for the ideas within in spite of the growing extremity of our current predicament.*

Fifth edition (2021)   *For the "Lockdown Era" and beyond*

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(*MIFIC: "military-industrial-financial-intelligence complex")

TABLE OF CONTENTS *(cont'd)*

[An index would be a very useful addition to this Manual. If you can at all do so, please create and insert one in the copies of this Manual that you distribute.]

(**NOTE**: Wherever the abbreviation *'e.g.'* is used, it means "for example," and *'via'* means "by way of." Both are derived from Latin).)

A Note to 5th-Edition Readers:
Our Choice: Deep Democracy, or Hijacked Pandemics and Indefinite 'Medical-Martial-Law *Lite*'?

> **CAUTION**: *This 'Note' and Chapter 1 contain subject material that might cause unpleasant reflexive responses in some readers. Please watch for responses that seem to instinctively come to mind when the controversial material is read. Doing so from a more conscious and less attached perspective gives insight into one's genuine motivations, fears, and hopes. **When these are made conscious**, the responses can help heal harmful artificial divisions within each of us, and—eventually, with enough of us—throughout our entire society and world. (For SARS-CoV-2- references, see its section in Appendix D: Resources: (pp. 180–183).)*

The situation globally and locally changes radically by the day and to such an extent that even the idea of using current U.S. electoral systems (local to national) might be made irrelevant.

Yet even if the current electoral system is completely replaced—or made into an even more distorted form than it already is now—remember: *the basic techniques described within this* **NC-PA Manual** *will still be valid.* Even if no Neighborhood Councils-Precinct Assemblies (NC-PAs) are created, Neighborhood Gifting Groups (NGGs) can be for local economic-related (though usually not usually financial) relief (*pp. 137–139*). This co-creates mutually healthful, local, personal, and economic bonds between participants.

> **Given the direction the overall situation is now headed (see Chapter 1: Two Near-Future Scenarios** (*pp. 13–46*)**), unless a major course correction is genuinely made by 'we the people,' the more essential it will be to find trustworthy others, move out of urban areas into (relatively) less artificial EMF saturated rural areas, as well as into locations fairly free of manufactured, actively encouraged social dissensions that are increasingly presented as the norm.**

For example, small groups might even co-create/co-find housing that would be healthful in the long run (multiple generations). The sides of small hills ('hobbit houses') would shield their residents from most EMFs generated today. It would be an ideal home, as would those that are underground completely (caves, etc.), since earth is an excellent EMF blocker. (This brings to mind the ancient yet truly vast (and allegedly still not completely explored) underground complexes that are still found today in Turkey—perhaps something similar).

The techniques described herein: trust and trust-worthiness (*pp. 73–78*), group deliberation and decisionmaking (*pp. 79–95*), and Appendix D: Group Processes (*pp. 135–150*), among others, are virtually timeless and can be used in widely (and wildly) differing circumstances.

The Global SARS-CoV-2 Pandemic and Responses

Due to unprecedented (and, to many experts, overly repressive) simultaneous responses by the world's governments to the SARS-CoV-2 virus, most of our 'modern' global economy has

imploded and is currently sinking. (SARS = severe acute respiratory syndrome; CoV-2 virus = Coronavirus number 2.) SARS-CoV-2 causes "COVID-19" ("<u>C</u>orona<u>vi</u>rus <u>D</u>isease of 20<u>19</u>)—especially in those with compromised lungs and/or systemic inflammation conditions. Yet the pandemic does not seem to have actually much increased the overall U.S. death rate during 2020 as a whole, mostly due to <u>inexplicable reductions</u> in other causes of death.

The economic implosion, however, is pulling down the lives of billions all over Earth, including many <u>tens of millions</u> in the U.S. This situation <u>is predicted</u> to exceed—in some respects—the 1930's Great Depression in severity, becoming 'The Greatest Depression.'

The injection-material's (for we cannot call the brew a 'vaccine' in the usual sense) manufacturers have been given special legal immunity from restitution for any bodily damages or deaths caused by these providers' injections, which contain **genetic materials designed to merge with the injectee's own cells.** Also, there is an unprecedented degree of <u>secrecy</u> surrounding the *actual constituents* of the various anti-SARS-CoV2 vaccines.

The first mRNA anti-SARS-CoV2 vaccine was granted an "emergency use authorization" (EUA) by the FDA on 11 Dec. 2020. The second EUA was granted to Moderna on 18 Dec. 2020. Using EUAs allows the FDA to avoid granting "authorization" status to these vaccines.

DNA-based 'vaccines' (at least temporarily) force the recipient's cell to produce one or more pre-designed protein chains, or even separate types of DNA. *It is possible for recipient cell DNA to incorporate or be changed by DNA-based 'vaccines.'*

It is possible some of this will have permanent effects, if any part of it is *inheritable (whether genetically or* epi-*genetically).* This 'vaccine' technology has never before been used on such a massive scale—we are to be the guinea pigs.

[At least one injection (or other 'minimally invasive' method) is used to deliver <u>material</u> developed by <u>DARPA</u> containing elements that *transceive* EMF signals at certain frequencies (and at certain *modulations* of those frequencies). This can cause certain areas of a targeted brain to react in certain ways: pleasure, pain, confusion, *etc.* Those in positions of power know and already are having a significant impact on our lives via these new technologies.]

==DNA-'vaccine' technology can create permanently genetically-modified humans, and both mRNA and DNA 'vaccine' technologies can cause severe <u>short-term</u> and long-term effects on those receiving them, potentially lasting a lifetime.==
   *Other than artificial genetic material for making SARS-CoV2 anti-bodies, humans receiving mRNA/DNA 'vaccine' injections will also be getting who-knows-what-else along with them (refer to the Kenya events, above). These technologies are so new it will be years before human trials provide meaningful results, yet [*as of the time of this writing—early 2021*]. In 2021, they are on track to be mandated for all in the U.S. over*

18 years of age. The only obstacle to [Moderna](#)'s (and other mRNA-/ DNA-oriented 'vaccine' corporations') broad use of these 'vaccines' had been lack of FDA approval for human use, partly because study symptoms up to this point have been [severe](#) (as admitted by Moderna itself in its "[Pre-Clinical Data Posted](#) section'). What the FDA granted were 'Emergency Use Authorizations (EUAs), first to [Pfizer](#), then to [Moderna](#)). EUAs enable all in the U.S. to be 'vaccinated' by these 'vaccines.'

After'the FDA's EUAs and the two required injections, **all injectees will be monitored by "[incredibly precise… tracking systems](#)" for at least the first 2 years afterward. That means the entire U.S. population who are at least 18 years old.**

Another anti-SARS-CoV2 'vaccine' uses DARPA-funded '[hydrogel' nanotechnology and biochip-implant](#). This is to serve as an ongoing experiment on/monitoring of the injectees (whether voluntary or involuntary), who will now be both experiment subjects and 'in-the-field' patients. Such 'double duty' saves money and time for the manufacturers. However, these tracking systems can be used for other purposes, as well, which might explain U.S. intelligence agencies' heavy involvement in "[Operation Warpspeed](#)" (OWS) (and [here](#)). Also, the head of OWS—Moncef Slaoui—had been chairman of GlaxoSmithKline's R&D division, specializing in brain-mind interfaces via 'electroceuticals.' Electroceuticals include any substance/devices (nanotech) that interact with the nervous system and brain.

Vaccine-manufacturer [liability waivers](#) have been granted for any harm their anti-SARS-CoV2 vaccines might cause recipients. Two-year periods of [post-vaccination surveillance](#) follows.

Neighborhood Gifting Groups (NGGs): Local Economic and Social Aid

Much of the population will need all the resources they can get to keep a roof over their heads. 'NGGs,' based at the neighborhood level, will not only provide many of those resources, *they also create seeds of trust for future 'Neighborhood Councils,'* the foundation stones of NC-PAs (NCs are described further below in the Introduction (*p. 1*).)

Q) *Could* the COVID-19 Situation Actually Present Us with *Opportunities* for Deep Democracy? If So, What Can We Do and How Can We Do It?

A) Opportunities arise the more we create as many 'Neighborhood Gifting Groups' (NGGs) *as quickly as possible* **during any liftings of 'lockdown' measures.** *(See pp. 137–139 for 'Neighborhood Gifting Groups' details.)*

"*Lockdown!*"

Extreme and highly repressive governmental responses to the COVID-19 virus outbreak have left a trail of increased governmental restrictions on citizens' freedoms, and have left many key issues unaddressed. These issues include, but are not limited to:

- Simultaneous, local-to-international "shelter-in-place" orders that have forced citizens to stay at home (excepting certain life-sustaining activities, *e.g.*, grocery shopping).

- Restrictions of the number of non-resident person allowed to gather socially indoors.

- Night-time curfews (*e.g.*, San Francisco, Miami, Melbourne, *etc.*)

- Enforced "social distancing"—including using drones equipped with real-time cameras loudspeakers, and body temperature scanners—requiring all citizens to stay at least six feet away from each other in all situations (or at least to the most practical extent possible). Exceptions are made for families and people living in shared housing, *etc.*

- Enforced wearing of masks in all public buildings, and even outside if in a group.

- Severe penalties (one or more months in jail, $10s–$100s of thousands in fines, or both), and even more for disobeying any of the above.

- Social media such as Facebook (see footnote, p. 36). Nextdoor.com hosts a neighborhood-oriented web-forum across the U.S. It's "Misinformation Policy" states, "Nextdoor reserves the right to take action (**including** through **removing posts and/or suspending or deactivating member accounts**) **where we deem appropriate to prohibit the organizing of activities or prevent the spread of false claims and conspiracy theories about COVID-19, including its causes**, cures, and prevention methods that might be misleading or harmful to our neighbors and communities" [*emphases added*]. Twitter.com is also deleting all content by users that criticize COVID-19 responses and/or vaccines supposed to counteract it.

> **The term "*lockdown*" that is used to describe these responses had previously been used almost exclusively in *prison-related* situations. Thus the language itself tugs at the subconscious of the populations under "lockdown" measures, such that they feel that they actually *are* in a prison (*which—in effect—they actually are*).**
> **Also, the mandated use of masks and social distancing appear to subtly psychologically reinforce the people's sense that they are atomized, anonymous, 'psychologically muzzled,' and unable to organize in ways other than always-monitored communications (*e.g.*, by phone, email, social media, *etc*).**

The "lockdowns" have *intentionally* caused the simultaneous implosion of the global economy in that economy's response to the national and regional governments' responses. It is a global pandemic of a flu-like virus, *yet such flu and flu-like virus pandemics occur regularly*. According to the CDC, there are many thousands of deaths every year due to ordinary influenza viruses. Several flu viruses become pandemic every few years and cause many tens of thousands more deaths in the U.S. alone. Yet **never** have there been such unprecedented, economically damaging, extreme measures to contain them as have been taken since 2020 to contain SARS-CoV-2. In other words, the 'cure' is actually literally *worse* than the disease.

Why? **Most organisms—including we humans—cannot live in a bubble.** The longer 'lockdowns,' 'social distancing,' mask wearing, *etc.* continue, the *weaker* our immune systems become. **Why?** *Because we're isolating ourselves* from other viruses/bacteria that we'd normally be in contact with us and—in the process— building our immunity against. These measures and their consequences are severely stressing humanity, and are *much* worse than those of COVID-19 itself ever could have been. Such consequences include serious civil-rights issues due to 'pandemic-response restrictions' (*e.g.*: the inability to gather in groups over *x* (arbitrary number, such as 10), whether socially or to demonstrate or organize economically or politically (*e.g.*, for NC-PAs); 6-foot 'social distancing'; and eventually government-mandated mRNA/DNA 'vaccines' for all).

QUESTIONS:

1) **Why Are These Measures Being Taken for This *Particular* Pandemic?**

2) Because there have been 6 major global pandemic exercises (from "Dark Winter" in 2001 to "Event 201" in 2019), **why have the actual measures taken against SARS-CoV-2 been such colossal failures in the U.S., plus leaving citizens without basic civil/human rights, apparently indefinitely?**

3) **Why have such draconian measures been taken for SARS-CoV-2 that— compared with similar past flu pandemics responses—definitely would not have crashed the global economy, putting 100's of millions of people's lives into a tailspin leading to homelessness for many, familial abuse, suicide, *etc*?**

4) **Why are medical personnel actively encouraged by their governments to inflate the rate of deaths from COVID19 (the 'case fatality rate' (CFR))?**

5) **Why are reverse-transcription polymerase chain-reaction (RT-PCR) tests used to diagnose those carrying the SARS-CoV2 virus, when *they were never designed to be a* primary *diagnostic for anything* and are notorious for many false results** (and here)? PCR techniques merely amplify whatever particular chain of RNA proteins is targeted. Many PCR-targeted RNA chains exist not only in **NON-infectious** SARS-CoV2 viral particles (such that they can *never* again pose a danger of re-infection), but also in many other life forms, including some human chromosomes.

6) **Could these draconian, simultaneous, lockdown' measures around the world been *designed* to implode our international economy?** That would impoverish humanity more than ever, and—thus—even more dependent on large, centralized organizations (*e.g.*, national and international governments, including: the World Health Organization (WHO); large corporate/financial interests (*e.g.*, Bill-&-Melinda-Gates-Foundation-(BMGF)-related organizations; *etc.*)). This is perfect for central authorities to remake society the way *they* see fit—including long-term eugenics or even an essentially slave-based economy, *until 'we the people'* **act** *to change the direction.*

7) **Such a global economic strangulation is deliberate** when it is in allegedly response to a flu-type virus pandemic that—using ordinary responses as for past pandemics—would *definitely* have been no worse for humanity than that of a strong flu virus, and which leaves at least 80% of its 'victims' suffering <u>mild to no symptoms</u>?

8) **Why does much of the above make authorities point to inevitable 'final solutions': already partly <u>mandated vaccinations, including mRNA- and/or DNA-plasmid-based ones</u>?** The latter two force our cells (sometimes permanently) to create strings of 'designer proteins' for various functions. There are many functions. The messengerRNA (mRNA) vaccines send partly artificial strings of mRNA into the recipient human's cells' apparatus, including surfaces of cell nuclei. The cell-nuclei surfaces incorporate the semi-synthetic mRNA, which then begin manufacturing whatever proteins they were programmed to produce. Some of these **inclu*de* DNA *itself (which could create who-knows-what and/or interact with cell components who-knows-how, and all for unknown purposes to recipients)***. Also, DNA vaccines (*via* 'DNA plasmids') *can* lead to permanent cellular DNA changes in recipients.

Both mRNA- and DNA-based 'vaccines' encourage SARS-CoV2 antibody formation by those parts of the cells into which the 'vaccine's' mRNA have been able to enter. The mRNA methods, though, tend to create large inflammatory responses throughout the body. Also creating inflammatory effects is the toxic ingredient 'squalene,' present in both 'vaccines.'

There are other health risks. Even if becoming immune to COVID-19 viruses is really all there is to it, *the 'vaccines' injected could easily contain many other things that are **not** disclosed. They are **not** disclosed because they have become 'proprietary information' of the corporations that created them; thus they are inaccessible to FOIA requests (such as a true and complete listing of the actual ingredients and amounts of each per vaccine dose). Who knows? Perhaps other mRNAs were also added to create other, undisclosed proteins (again, including even DNA) and/or who knows what (nanotechnology-based systems?) to do who-knows-what to our bodies, and even our mind*s, especially over time.* There are verified <u>Kenyan cases</u> (see p. vii, and also similar cases in the Philippines and Nicaragua) of Gates-linked organizations (WHO, UNESCO) apparently **deliberately contaminating vaccines with the anti-fertility hormone (hCG)**).

A Tangled 'Vaccine'-based Financial Web

These 'vaccines' are well-supported financially *via* "strategic alliances" *via* multi-billionaire Bill Gates and Gates-affiliated organizations. Just a few of these include: the Bill and Melinda Gates Foundation (BMGF) BMGF funds a wide variety of other organizations/programs oriented toward inflating both the infection rate and the death rate. Doing that creates a greater sense of urgency to create anti-SARS-CoV2 'vaccines' and give them to as high a percentage of the population as possible, as fast as possible, no matter how long-term-untested

the 'vaccines' are. The World Health Organization (WHO) finds itself increasingly funded by BMGF (and BMGF-funded organizations), and by Moderna Therapeutics,' receiver of the FDA's second Emergency Use Authorization (EUA) authorizing the use of FDA-*un*approved 'vaccines.' **Mandating mRNA-based 'vaccines' against SARS-CoV2 (or whatever the pandemic of any given year will be named) means that _all the materials in that 'vaccine' will be injected directly into one's body and will literally become part of/integrated with one's body's cells, with or without one's genuine consent._ Such materials could conceivably include "tiny biosensors," such as those developed by Profusa (another DARPA-funded corporation). Yet, after all this talk of a need for a 'vaccine' against COVID-19, according to the CDD, all injectees must** *continue* **to wear a mask and** *continue* **to stay 6-feet away from others,** *indefinitely***, even** *after* **both injections of the mRNA-based 'vaccine,' which is supposed to act against SARS-CoV-2. Yet the promised effects are only symptomatic and apparently do not confer true immunity to the virus. (!)**

Gate's many foundations, dependent organizations, and their financial interests in pharmaceutical corporations (*e.g.***, Moderna) are able to develop and deliver such 'vaccines.'** One of Moderna's 'strategic alliances' is with the Defense Advanced Research Agency (DARPA), at least partly for 'mobile mRNA-vaccine production units' for rapid, on-site production of mRNA vaccines for various pathogens, but the ability to produce what exactly (and under what societal conditions) has not yet been publicized. (==**NOTE**==: There is precedent. Bill and Melinda Gates and thus their funded organizations have always strongly pushed for human population reduction. Gates-financing-linked vaccine contamination cases have occurred in third-world countries, including Kenya, Africa. A significant percentage of tetanus vaccine given to thousands of girls 14+ and women of child-bearing age also had the hormone *human chorionic gonadotropin (hCG),* which is tends to produce sterility in females. A second Gates-linked hCG-contaminated vaccine event in Kenya occurred soon after. The hCG—when attached as 'sub-units' to the dead/weakened vaccine pathogen in the vaccine and subsequently attached to/within the cells of an infected body—produces antibodies to placental material as well as to the pathogen. This effectively sterilizes the women and girls.

==**One goal of many in positions of societal power is to completely replace cash.**==
(The reason given, of course, will be that cash carries pandemic-spreading microbes.) Instead, only a purely *electronic* financial system will be recognized as 'legal tender.' Also, many aspects of the persons using that system would be instantly available to anyone with the ability to access them. A related goal is instituting Universal Basic Income (UBI). UBI is a minimum amount of regularly disbursed money guaranteed to most persons (that is, as long as one has a good 'social-credit' score)). This UBI idea dovetails neatly with the current international push to developing a mainland-Chinese-inspired 'social-credit' system. Such a system allows or disallows one's ability to travel, purchase goods, and perform many day-to-day *life essentials*, as

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these literally all depend on one's having a good 'social-credit' score. The potentials for public and private corruption and totalitarian social control are truly frightening, yet such would be easy with the ever-intrusive technologies (down to the RNA/DNA level) that are creating a panopticon prison of the entire nation, even all of Earth. Yet this prison will also be open to hackers and others with less-than-healthy agendas for 'we the people.' (*On the other hand, perhaps this would encourage some of 'we the people' to become 'healthful hackers'…?)*

If they continue on their current path, which they have shown no indication of changing, U.S. authorities will gather and use unConstitutionally gained personal information of U.S. citizens' (including financial, political, and DNA-related) to use against many of those same citizens, if—for whatever reason—any of them end up on those authorities' lists of 'poor-social-credit' scorers and/or are judged to be 'potential dissidents' (or worse).

The Infection Fatality Rate (IFR) Debacle

The COVID-19 'infection fatality rate' (IFR) is the proportion of deaths among all infected persons—regardless of whether they might or might not have any COVID-19 symptoms. For COVID-19, the estimated IFR (inferred from *blood antibody tests*, not RT-PCR) is estimated to be less than 0.20% with current 'lockdowns' in place.

Also, there are massive campaigns being waged to find ever higher number of COVID-19 'cases' by artificially raising the "positive" results of SARS-CoV-2 diagnostic tests, the vast majority of which are based on the often notoriously inaccurate 'reverse-transcription polyamerase chain reaction' (RT-PCR) technique (*see p. v*)).

    (a) The higher the number of cycles that samples are made to go through (25–30 cycles using RT-PCR), the higher the number of false positives, thus adding to the overall artificially inflated "positive COVID-19 cases").

    (b) The RT-PCR takes even NON-infectious viral particles from any person who, for example, had had SARS-CoV-2, yet was asymptomatic (which is very common for this virus), and was now non-infectious, yet still had in his sinuses lots of viral particles that contain the same partial viral RNA sequence code that the RT-PCR tests for.

    (c) High numbers of cycles (CDC suggested 45 cycles when 30 was enough) makes it easier for false positives from extraneous bacteria, other viral particles, fungi, *etc.* that are on the cotton-tipped swab that collected the specimens for the COVID-19 test by RT-PCR. They contain partial RNA sequences similar to those of the SARS-CoV-2 virus that the RT-PCR is testing for. It will come out "positive," but it is a "*false positive.*"

Well-known authoritative figures and organizations—such as Bill Gates, Anthony Fauci, WHO, and CDC—offer suspect prognostication and guidance, often proved wrong yet hailed as founts of reason by virtually all of the media and the public at large, which takes its cue from them (see the 'Asch Conformity Experiments,' (*p. 200*) for experimental validation

people's conformity with the surrounding group, no matter how outside of reality that surrounding group's judgment might be. The CDC even advises physicians to insert "COVID-19" on a death-certificate as 'cause of death,' ***even when the patient had more serious co-morbidities and had not been tested by (frequently faulty) RT-PCR technique*** (*see p. x*).

News Media: Controlled and (so far) Genuine

The "controlled-opposition" media pretends to be against 'the powers that be' and COVID-19-related restrictions that are made by governments, yet these media ultimately purvey disinformation, such as Democracy Now with Amy Goodman. ==While bringing into public view issues not healthfully addressed by society (which is good), the broadcast also contains disinformation in them (which is not good).== Such 'controlled opposition' media leave unpleasant feelings in many readers/viewers toward those who disagree with official COVID narratives, especially if they are in the large "anybody-but-Trump' camp.

> **A few voices of reason, like the Swiss Policy Research Group, objectively analyze the COVID-19 situation. What can also help is giving away/mailing out regular, *well-referenced* PAPER updates to others (*samizdat*-style) from a 'seek-the-truth-no-matter-what' point of view—a 'many-to-many' (M2M) approach.**

Disinformation-dominated mainstream media (MSM) and pseudo-'alternative' news/social-media outlets repeatedly issue false and panic-inducing narratives about the SARS-CoV2 virus and COVID-19. This includes films of hospital entrances, where chaos reigns as people were allegedly there due to COVID-19. Yet when actually checked the next day, they were nearly empty. It also includes the authorities' artificially inflated infection fatality rates (IFRs) and test results. **Increased testing rates increases the IFR, especially when via using *45* cycles of RT-PCR** (*see p. viii*)**. The testing is increasing, so the positives (including many false positives) Even 30 cycles is stretching things when using RT-PCR.)**

Promulgators justify these official narratives by citing various international health agencies' regulations, particularly those of the World Health Organization (WHO). WHO based its initial extrapolations of COVID-19's death rate on: (a) Neil Ferguson's of Imperial College (London) notoriously *in*accurate CFR predictions; (b) the initial Chinese/Asian figures from December 2019–January 2020; plus (c) later death rates from around the world, including high-COVID-19-death-rate countries (*especially* urbanized Wuhan Province), Italy (especially heavily air-polluted northern Italy), and Iran (especially heavily air-polluted Teheran).

In Italy's case, however, at most **only 12% of "COVID19 deaths" listed "COVID-19" as the actual *cause* of death on the death certificates.** This is similar to the U.S. CDC advising doctors to noting its being only 'apparently' present and thus the patient being 'diagnosed' with SARS-CoV2, either just before or after death (*see below*).

WHO's "Public Health Emergency of International Concern" was issued January 30, 2020, yet WHO inexplicably did not actually declare a global pandemic for the virus until March 11—a 41-day delay, which virtually guaranteed high infection rates worldwide. The reasons for such foot-dragging on the part of WHO remain obscure. What also remains unmentioned is that:

- Most who died with COVID-19 were over 80 years old with serious co-morbidities (*e.g.*, lung cancer, emphysema, asthma)

- Most who died of COVID-19 resided in areas already infamous for extremely heavy air pollution (*e.g.,* urban China; northern Italy; and Teheran), which seriously compromised patients' lung health <u>even before they contracted SARS-CoV-2</u>.   Such toxic air pollution creates and magnifies existing pathological lung conditions—this is a major factor that artificially skewed the global case fatality rate.

- **In March 2020, the CDC distributed medical instructions to doctors to write** <u>**misleading 'cause-of-death' documentation**</u> **on death reports.** Its <u>April 2020 "Report No. 3</u>: "Guidance for Certifying Deaths Due to Coronovirus Disease 2019 [COVID-19]" actually directs physicians filling out death certificates to write "COVID-19" in the certificate's "Cause of Death" underlying-causes section "in cases where a definite diagnosis of COVID-19 cannot be made but is suspected or assumed (*e.g.,* patient died after having contact with a COVID-19 relative)." **The CDC further states that, *"[i]n these instances, certifiers should use their best clinical judgment in determining if a COVID-19 infection was likely."*** It is completely acceptable to the CDC to report "COVID-19" on a death certificate as 'probable' or 'presumed' *without* testing for SARS-CoV-2, even using notoriously inaccurate tests (*see p. viii*).

  The CDC stated "probable COVID-19" is to be shown on the death certificate as the cause of "acute respiratory illness," which is then listed at the top section of the death certificate as the immediate cause of death. By such unprecedented broadening of the definition of "cause of death" from what the definition had been during all previous viral pandemics, such "COVID-19" deaths further inflate the actual death rate, and is reported by the news media to a public made gullible by its fear-of-death fanned by that media.

> Because of this fundamental misinterpretation, the SARS-CoV-2 virus is now believed by the public as having been the *primary* cause of death in *all* cases in which the virus was either found or "assumed." This is so even when a person had obviously died from another cause (*e.g.*, advanced cancer, accidents, *etc.*), been asymptomatic (symptom-free) for the virus, and the virus had not been definitively diagnosed.

The Cue

This ***particular*** WHO declaration of a global pandemic—in turn—acted as the cue for national and local governments to declare *simultaneous internal states of emergency*. These declarations of emergencies self-granted these governments emergency powers that supersede all other law of the jurisdiction for at least the duration of the emergency. This is a type of

situation that practically begs for extreme abuses of those powers. Lord Acton's phrase, "Power tends to corrupt, and absolute power corrupts absolutely," has never more apt than in this 'COVID-19' situation. (See the Introduction (*p. 1*) for more on COVID-19 and an NC-PA-type response to it: 'Neighborhood Gifting Groups' (NGGs).)

These higher death-rate numbers—repeated *ad infinitum* over the MSM/pseudo-'alternative' news media—eventually have injected a low-level-yet-pervasive sense of deep fear into the 'consumers' of that news: the global population. Stimulating a primal fear of death in a that population's beliefs makes it much easier for unscrupulous persons and organizations to manipulate their beliefs and behaviors (*e.g.*, maintaining a 6-foot distance from others, wearing masks outside the home, not touching anyone, obeying authorities in all situations, *etc.*)

Political Psychological Operations (PsyOps) against the Public?

Lastly, the mere *questioning* of reported CFR anomalies and the simultaneously triggered "lockdown" regulations are being deliberately polarized and politicized. Those who dare question are labeled as "duped Trump-supporting conservatives," "anti-science," and "conspiracy theorists." Yet those accepting the anomalies and regulations are labeled as "duped Hillary-or-Bernie-supporting liberals," pro-technocracy "progressives," and "pro-junk science." There's some truth to each view, but they are also disinformation and make people believe that other people are merely negative labels. Since negative labels are less than human, nasty things can be done to them without having to worry about the ethics of doing so.

> **It seems as if there's actually some plan afoot to divide and conquer *both* liberals and conservatives by doing these things. The two sides are continually egged on each other—by both mainstream and pseudo-alternative media—to mutually ostracize and mock each other, and see each other as stereotypes.**

Yet even this disregards the likely presences of infiltrators who pose as supporters of one side or another and deliberately look and act as *EXTREME* caricatures of that side (thus becoming distasteful to the other side). Such stereotyped extremities are defining each side to the other.

So… What We Can Do?

We can research sources that we deem as credible and find credible evidence, and get that evidence out while we still can. We can also keep an eye out for people's degree of trustworthiness. Use your own sense of the word 'trustworthiness' at its deepest level, because that's really where the energy of 'we the people' lies. While most "shelter-in-place" orders have been (temporarily) lifted, and in response to this 'Greatest Depression,' **what we can do now is start rapidly and simultaneously co-founding neighborhood-based 'gifting groups'** (NGGs; see Appendix D: Resources/References: Group Processes: (*pp. 137–139*)), both for relief and as potential seeds for future NC-PAs.

Now is the time to find other trustworthy people as soon as possible and find rural land on which to live, since urban areas will become ever more surveilled, irradiated, and controlled. Out of these rural areas, a new culture could emerge when the current socio-economic-ecologic-political nightmare finally crashes.

NC-PAs across the nation

Yet a great global depression could present a once-in-a-lifetime opportunity to simultaneously found many Neighborhood Gifting Groups (NGGs). Eventually, some parts of these NGGs can form future NC-PA core groups. With voting integrity always a primary goal—from the voting-precinct level through the various election districts in which they are located—each NC-PA helps to change the lives of its residents for the better. **But *always vet prospective NC-PA-founding-core members first.*** Then, *after* such vetting, those who have successfully passed it can be invited to the initial core-group's meeting (*see p. 107*). Vetting (background checking) saves much headache (and much worse) later on. *(Again, see Introduction (pp. 1–12) for an NC-PA overview, and the 'Neighborhood Gifting Group' description in Appendix D: Resources/References: Group Processes: Exercises: (pp. 137–139).*

Benefits of Neighborhood Gifting Groups (NGGs)

By participating in such Neighborhood Gifting Groups, members can:

(1) Help themselves *via* other members' available resources and skills;

(2) Help other members in need with their own available resources and skills;

(3) Repair social-bonds with others disrupted by the mandated social distancing/mask wearing (making faces impossible to read, deepening sense of separation).

(4) Gradually get to know other group members and determine his/her *demonstrated trustworthiness*, which is the foundation stone of every Neighborhood Council (see Chapter II: Pillar 3: The Neighborhood Council (NC) (*pp. 61–64*)).

Starting many of these NGGs at once will plant the seeds for future NC-PAs to emerge later, which will have profoundly positive and healthful effects on society.

NOW Is the Time!

Now is time for us to step up to the plate, to champion humanity and the Earth. **Mutually healthful effects multiply when we not only think about the concepts, feel the emotions within us, and decide what to do, but then to also *act* on these decisions—ideally co-founding multiple Neighborhood Gifting Groups (NGGs).** NGG members can be anyone living in areas up to 1,000 (such as a voting precinct). These small groups (~10 members each) feature the sharing of resources of all kinds, like materials/tools no longer wanted by their owners, skills of all kinds, transportation availability, *etc.* (*Also see p. 139 for operating **NGGs** during 'lockdown' conditions.*)

Introduction

NC-PA (Neighborhood Council–Precinct Assembly): A Brief Overview

"Divide the counties into wards of such size as that
every citizen can attend, when called on, and act in person.
"Ascribe to these the government of their wards
in all things relating to themselves exclusively.

"Making all citizens acting members of their government,
in the offices nearest and most interesting to those citizens,
will attach the strongest feelings of independence
for their country and its Constitution.

"These wards will become the vital principle of our government….
As townships in New England, they have proved themselves
the wisest invention ever devised by the wit of man for
the common exercise of self-government and its preservation.

"The voice of the whole people will be thus
fairly, fully, and peaceably expressed, discussed, and decided."

*~ **Thomas Jefferson** ~* (personal correspondence - July 12, 1816)

Welcome to <u>Neighborhood Council</u>–<u>Precinct Assembly</u> (<u>NC-PA</u>), a healing system of public self-governance based on grassroots deep-democracy!

> **Today, we hold the destiny of humanity and the entire Earth with its biosphere in our hands. We—who are part of and dependent on that biosphere—are now undergoing one of our most challenging times.**

This *NC-PA Manual* describes how to genuinely co-create a deeply democratic political system based on local self government that is truly of, by, and for 'we the people.' Most assertions and claims can be verified *via* their associated URL links and/or described and located in Appendix D: Resources/References (*pp. 135–217*). [Most URLs in this *Manual* lead first to a tinyurl.com preview page, so readers know beforehand exactly where the URL leads, and can then decide whether to go to the that page or not.]

Included in this *NC-PA Manual* are the NC-PA's rationale, its aims, and its methods, plus how one can start one's own NC-PA. Also, **check out the 'Appendices'** (*pp. 119–217*) **for many supporting documents and resources about the various topics covered, as well as group exercises that speed a local NC-PA's development.**

> **Improve the *NC-PA Manual*:**
> **Like any endeavor, however, the *NC-PA Manual* certainly has its flaws. So, after learning and practicing the techniques and exercises described herein, please help to improve it by creating and distributing a version that—while keeping the original text essentially intact—adds the lessons that have been learned through your practical experience.**

These are not hard and fast rules. As time goes on—and if at least a super-majority of the NC and PA groups decides to change and/or add to these rules—they can be changed/added to in light of experience gained up to that point.

The Challenges
We know the challenges, which include:
- The loss of key civil liberties catalyzed by out-of-proportion responses to SARS-CoV-2;
- Regular, apparent mass-fatality terror events, at least partly made to happen by unknown organizations, *etc.*
- Ceaseless disinformation campaigns conducted by government agencies, large corporations, and various powerful NGOs on all matter of subjects;
- The current real state of so many different technologies, especially those that have been weaponized. These include nano-, nanobio-, and EMF-related technologies. In fact, 'we the people' do not know the true states of almost every technology available today.

Their capabilities are far ahead of where the average person believes them to be, and much has already been operational, deployed, and used for years;

- Relentless annihilation of Earth's biosphere on which *all* of us depend for LIFE. This annihilation is conducted on/in land, sea, and in the air by many different groups (governments, large corporations and financial institutions) for various reasons (usually financial- or military-related);

- Mass-scale, forced emigrations due to wars that are unprovoked and unnecessary (except maybe to some 'defense' contractor (*e.g.* McDonnell-Douglas, Bechtel, DynCorp, *etc.*);

- Modern-day international economic extraction/looting that further enriches the rich and impoverishes the rest of us even more, both here domestically and internationally;

- Significant loss of economic viability, individually and as a society

- Increasing homelessness;

… and so many more…!

A Democracy… or Not?

The societies of ancient Greece and the Roman Republic put a high, heroic value on taking part in politics and public life. Today in the U.S., however, a nearly opposite cultural view of politics prevails. Politics is seen as a dirty game of greed, craven manipulation, and constant maneuvering for positions of power.

Yet grassroots deep democracy can be strengthened by:

- encouraging the desire to **follow the truth no matter where it might lead**;

- **learning how to determine trustworthiness and how to establish mutual trust based on that**;

- **using others' trustworthiness as a guide in first establishing and cultivating that trust**;

- **a passion for being true to one's wisdom and sense of justice** (both individually and as a society);

- **making decisions and working with others;**

- **implementing these decision in the 'real world.'**

If we intend to transform our world for the better, we must *perceive our current and historical worlds accurately.* To do otherwise would only continue our responding to unreal (*i.e.*, manufactured) situations, based—in turn—on unreal (*i.e.*, manufactured) causes. Yet we *allow* such conditions to continue, so they will likely worsen. Many who have real talent for creating and maintaining such situations are psychopathic to some degree, and can gravitate to powerful positions. This usually leads to unethical manipulations of that power against many of the others of that society (including you and I).

We continue to trust our obviously grossly dysfunctional political and economic systems because to *not* do so would be to admit both our failure as individuals and as a society.

Elective Despotism

In the society-as-motor-vehicle analogy, 'we the people' need to be in the driver's seat, but instead we've been drugged, brainwashed, and are just observers, as agencies of corrupt government drive and corrupt corporations navigate. Thomas Jefferson's term—"*elective despotism*"—is a government that—although nominally elected by the people—actually has lost its connection with them. Today, we—mostly through our collective apathy and willful ignorance (*a.k.a.*, **denial**)—have allowed "elective despotism" to take over our economy, our politics, and our sciences. And with today's Internet of Things (IoT)—virtually everything else. **Only by *not* allowing it and, instead, by governing ourselves in healthful ways can the madness be stopped.**

> **We must find, vet, and speak the truth as we uncover it, healthfully decide what to do about it, and *act* on those decisions—individually *and* collectively.**

A common complaint is that 'we the people' cannot truly govern ourselves, because that would require everybody to get along well with each other, and—according to what we see on our media—we obviously don't. As a society, we are supposed to really not work well together in self-goverance (as opposed to casting a vote every 2 to 4 years for other people to do the work of "governance" for us). So, like a bad marriage, the mood is sour, the manipulation incessant, and the fights ugly. This is 'adversary democracy,' which encourages political representation because most individual citizens prefer not to have to deal with any conflict directly. To avoid it, they simply elect others to handle it for them.

But now, as a society, we're no longer 'about to fall off the cliff'; *we already have fallen off the cliff*. So we now either: (a) do nothing and wait for the end (which could ultimately be quite painful and slow), or (b) learn how to fly, glide, or at least make 'parachutes' (*e.g.*, co-create sanctuaries for people in diverse rural locations).

Jefferson's 'Wards' System

From 1810 to at least 1816, Thomas Jefferson wrote [letters] describing his vision of a truly grassroots U.S. democracy made of local "ward republics" (*see p. 1*).

In 1817, Jefferson—himself a former member of the Virginia House of Delegates—had Virginia State Delegate Taylor of Chesterfield, VA introduce for him in that same legislature [a bill] "for Establishing a System of Public Education *via* Dividing the Counties into Wards."

Had it passed, that bill would have created 'wards' or 'hundreds' (as in one-hundredth of the area of a county) in every county in Virginia. While this 1817 bill had been presented as a childhood public-education bill, it would have acted as the proverbial 'foot in the door' for Jefferson's far more radical visions of self-governing human beings based on the 'wards'

system of self-governance, a truly grassroots direct democracy. This is because, in that bill, *every* voting-eligible citizen in each of these wards would have been given the choice to partially participate in that ward's governance by voting on various public-education-related issues (school sites, teacher selection, *etc.*) in each ward. This would have led to an increasingly engaged citizenry that would gradually take on more responsibilities over time.

A wards-system would have allowed every voting-eligible citizen who lived in a ward to co-create with their neighbors their ward's direction and actions, as well as co-create with other wards however they see fit.

These other wards in their own (and other) counties—can form local, regional, state, and national networked governance. In such an interlinked system—as Jefferson put it—**each citizen would "…*be a participant—not merely at an election day, but every day.*"**

Voting-Precinct-based NC-PAs as Today's 'Wards'?
Similar to Jefferson's idea of "ward republics," NC-PAs allow each citizen "to be a member of one of its councils, great or small." By using old and new techniques of direct 'deep democracy' and group-meeting processes at the neighborhood and voting-precinct level, the NC-PA system actualizes much of Jefferson's dream of local and deeply democratic self-government.

NC-PAs in a Nutshell…

The Context

It's often difficult—if not impossible—to simply 'vote out' harmful elected representatives, no matter what electoral level (local, state, or national) they represent. *Why is this?* Why are so many election results seemingly skewed in those representatives' favor when **compared to pre- and exit-poll results**, which are supposed to be the gold standard for election predictions? They are due to a combination of:

(a) Repeated direct tampering of the vote count—especially *via* computerized voting machines, ballot tabulators, and ballot aggregators—from the precinct level on up. There is much witness and statistical evidence for this (see Appendix D: Resources: Election Thefts (*pp. 166–170*)). Analyses of election data also point to election-results tampering, though not the identity of those who are tampering.

(b) Illegal tampering of voter-registration lists, such as excluding those believed likely to vote a certain way (*e.g.*, by denying the right to vote to all those whose names are the same name of someone on a felons list (most felons being ineligible to vote), by location (*e.g.*, residing in an area populated by those who are poor, non-Caucasian), *etc.*

(c) Virtually unlimited political financial donations (*via* U.S. Supreme Court decision *Citizen's United v. Federal Elections Commission (FEC)* of Jan. 2010). This decision is important because enough well-placed money can buy virtually anything, including elections. This can be done with a combination of media saturation through media corporations being highly selective in their coverage (or lack of same) on certain subjects and persons (such as the deliberate shutting out of genuinely popular political candidates from pre-election debates (*e.g.*, Ralph Nader, Ron Paul).

(d) 'Gerrymandering' of election districts.

Because of this failure of the election process, many governmental policies and behaviors have been created by persons representing their true employers: those who had had these 'representatives' selected *via* election thefts versus elected by we the people of the U.S.

An ever enlarging 'action vacuum' has been created in our society by either active-but-misled or just plain apathetic citizens, into which eternally power-hungry organizations of power-hungry individuals—such as in various large corporations and/or governmental agencies—have stepped in to acquire yet more control. Apparently, the ultimate goal is just that: absolute control of virtually all of humanity, plus the elimination of many of Earth's bio-species, and thus the destruction of a healthy bio-sphere on which humanity depends.

Only as a united social/electoral force-to-be-reckoned with can NC-PAs and similar systems of self-governance beneficially influence the direction our world has taken over the long term. The more we decide *via* deeply democratic decisionmaking processes in assemblies within voting precincts, the higher will be the quality of policy decisions reached, and so more healthful actions can stemming from these decisions. And so we co-create our individual and collective future.

A Co-Solution—NC-PAs

Neighborhood Councils - Precinct Assemblies (NC-PA) are dynamic, synergistic, neighborhood-and-voting-precinct-based, mutually beneficial systems of local self-government. Using participatory, healthful* democratic processes, we can:

    (a) Determine what we most need
    (b) Determine what actions would best meet those needs
    (c) Take those determined actions to meet those needs.

---

*"Healthful" meaning both (a) mutually empowering and (b) free of manipulation by any person or group with ulterior harmful intent regarding an NC-PA or the NC-PA system in general.

Working together in a voting precinct, the affinity-group-like Neighborhood Councils (NCs)—and their forum, the Precinct Assembly (PA)—form an NC-PA, the voting-precinct-based electoral power unit that is the core of the NC-PA system.

Each NC sends delegates to the PA (1 delegate per 5 NC members (if an NC has less than 5 members, it still qualifies for 1 delegate)). By definition, delegates *must* hold to their NC's stated instructions, which is quite different from the role of representatives, who often do not follow, seek, or frankly even care about their own constituents' approval for their actions. Short-term delegates definitely reduces the number of adverse events caused by potentially 'loose-cannon,' long-term representatives. (*See pp. 65–66 for more about the delegates versus representatives issue.*)

In any given voting precinct in the nation, NC-PAs operate and are run solely by the residents of that voting precinct, and they actively disallow outside-of-precinct and/or other ineligible/harmful interests from membership— whether voting or non-voting—in both NCs and PAs.

On the other hand, it will always be up to every NC-PA to decide the extent to which (always transparent) consultations are made with any persons residing out-of-precinct, such as outside experts/consultants, representatives from various organizations, *etc.*

The more we are healthfully conscious and active together, the more 'we the people' can co-create healthful outcomes for all concerned—**whether through NC-PAs or other forms of local, direct, and deeply democratic self-government.** NC-PAs can benefit those who live outside our own society, such as many in other nations who are also greatly affected by our own nation's activities.

NC-PAs enable 'we the people' to co-create communities of extraordinary effectiveness, self-reliance, and beauty compared to those in today's dominant societies. Cooperating together, we and Earth's biosphere can thrive as we discover we can not only alter our own social evolution but also wisely co-evolve with our biosphere through symbiosis (working together for mutual benefit, instead of unwisely and parasitically taking from the biosphere without giving beneficially enough back to it).

Primary goals of NC-PAs:

(A) **Enable their resident citizens living in voting-precincts to determine what is wanted, what needs doing to get what is wanted, how to do that, and then doing it.**

(B) **In *every* public election—local to national—*mandating*: hand-counted; secure-chain-of-custody; publicly-observed-at-every-stage; paper ballots only** (if desired, the paper ballots can be re-counted by optical-scanning ballot-counting machines, the results compared to those of the observed hand counts, and any differences resolved). All other voting machines, even those giving a paper receipt, are not to be used in any public election, except optical scanners for hand-count verification (as above).

(C) <mark>**STRONGLY SUGGESTED:**</mark> Until conclusive, large-scale, truly independent, human-test-subject studies on modulated and un-modulated EMF frequencies have been concluded, **halting *all* further implementation of the wireless "5G" telecommunications system**. The 5G system uses pulsed ultra-high electromagnetic frequencies (EMFs) *in addition to* already-used-and-**proven-to-cause-biological-harm** lower-frequency 3G and 4G microwave EMFs. This would also include halting *all* further rocket launches of low-/very-low-Earth-orbit (LEO/VLEO—*both are below the Earth's ionosphere*) micro-/millimeter-wave-emitting, 5G-enabling telecommunications satellites—such as SpaceX's "Starlink" satellites. Halting such launches will help heal the Earth's ozone layer, since every orbital rocket launch punches a large hole in that ozone layer, which protects life on Earth from cancer-causing ultraviolet radiation emitted by the Sun. Such halts could be done at first *via* emergency, temporary, Court-ordered prohibitions against such launches and 5G rollouts until further genuinely independent studies are completed. Independent research into *healthful* EMFs should also be conducted.

(D) **Spreading the NC-PA political system of deep democracy based at the neighborhood and voting-precinct levels across the nation**, such that every citizen can take part in an NC-PA in the precinct where they live.

> **Wherever we are, NC-PAs encourage us to live and act in healthfully conscious, mutually beneficial ways, not only with each other but also with the precious living Earth we all depend on—at this point, our only home in the Universe.**

Spontaneous Local Self-Governance in History

During times of severe political and especially economic instability, people in the societies experiencing it tend to naturally draw together into small groups for mutual aid and use directly democratic decisionmaking. Eventually, even larger assemblies of delegates from those groups are often made, these delegates also making decisions democratically and sharing resources and skills with each other. Here are just a few examples of this phenomenon that have happened before: in France during the 1789 French Revolution; in Russia during the 1917 Russian Revolution (when the initial, *pre*-Bolshevik government dominated); the Hungarian Uprising of 1956; and—more recently—in Argentina during its economic meltdown (~2001–2005). However, these groups often failed over the long term due to factionalism, which tore them apart from within, and/or co-optation, and/or

ruthless persecution by outside groups (some of which eventually became the national governments).

Currently (and in spite of your feelings about these groups' politics after so much distorted reporting (or no reporting) about them here in the U.S.), successes in mutually healthful, large-scale participatory democracy include:

- **The indigenous, human-rights-oriented [Zapatista movement](#)** in the southern Mexican state of Chiapas, which uses bottom-up, consensus-oriented decisionmaking, followed by acting on the decided policies. It has exceeded the Mexican government in providing the most basic areas of human needs of its area—such as healthcare—within its *de facto* autonomous region 'MAREZ' [Spanish acronym for 'Zapatista Rebel Autonomous Municipalities,' *a.k.a.* Zapatista-rebel operating territories].

  Zapatista institutions function at 3 levels of people's assemblies:
    1) community
    2) [municipal](#) and
    3) regional ("Good Government Councils")

  Each level of government is larger than and encompasses its predecessor. The 'caracole' is basically the county-area counterpart in MAREZ, and (as of May 2020) there were 14 'Caracoles' total.

  The ethos is "to rule by obeying [*the people*]"—to "rule by obeying [*the people*]" means to govern through following the will and collective wisdom of the people by honoring governance through council, which evolves over time. It means acting on and being influenced by the resulting mutually supported decisions from every level.

  To 'rule by obeying [*the people*]' means actual sovereignty is wielded by the people, *not* by governmental structures/organizations, whether or not these are acting in their name and whether or not they are Federal or Zapatista. This political structure—including its emphasis on reaching ***genuine*** consensus on issues—is at the core of most Zapatista political processes.

  > The first is that of the communities, based on the traditional structures and roles for exercising organizational tasks. The basic principles are autonomy and direct democracy.

  > The second level is constituted by the autonomous communes and the municipalities, from which the authorities are elected by the communities. They correspond to the administrative bodies introduced by colonization and reproduced by independence, (*e.g.*, healthcare, education, *etc.*), yet they also transform those bodies. They carry out administrative tasks and share the territory with non-Zapatistas.

The smallest level—that of the community assemblies—consist of about 300-families in small, often rural geographic areas. Each community assembly elects members to serve in "Good Government Councils."

The Good Government Councils form the third level, coordinating the two other levels. This is where the common services of administration, health, education and justice operate when they cannot be dealt with by the two lower levels. All the decisions of these Councils have however to be approved at the grass roots, by the communities, in accordance with the principle "command by obeying". A collective that exists at three levels makes it possible to ensure a constant flow of information.

The "Good Government Councils" make decisions on local issues, such as food, health, education, and taxation, allocation of resources, building of social infrastructure, and they also enact communal laws. In addition, production and economic management in the Zapatista communities is organised through social cooperatives and communal property. While the EZLN—with its political clout and military power—acts as the ultimate guardian of the communities' well–being, it also recognises the right of the people to possess arms and defend against the Mexican state—or even the EZLN itself. **Under its own constitution, the EZLN is *explicitly forbidden* to intervene in communal matters within the Caracoles.**

> *"Good Government Council" members are always under public scrutiny*, and use regular rotation of membership. At the community level, such frequent rotation allows every voting-eligible resident to gain experience in self-governance, an extremely valuable asset to both the individual and to MAREZ.

- **The [Movimento Sem Terra](#) (MST) in southern Brazil**, a highly successful and organized movement, works to create a new culture of land redistribution to impoverished, landless Brazilians. Like the Zapatistas, local MST groups elect delegates to convene in a local community council, which—in turn—elects delegates to convene in a regional council (roughly the size of a U.S. county), and so on up to and including the national level. The different tiers represent larger and larger land areas and population sizes. (In an interesting and inspiring practice—one male and one female must be elected as delegates at every level of the MST political structure.)

  MST also uses 'ascending' and 'descending democracy' in a very orderly fashion, so that the base groups communicate effectively with their delegates at the larger assembly. *All* issues are debated in the base groups, which instruct their delegates how to vote on particular issues at the higher levels. Once the final decision is made at the higher level, however, its implementation returns to the level of the base groups.

Criticism of or resistance to any descending decision is generally expressed through the ascending process, which begins with debate in a base group and is then transmitted upward if the base group—as a collective—decides to do so.

- **In the developed world, <u>Switzerland's relatively strong democracy</u>** has been based on: (a) its self-governing, semi-autonomous Cantons (states); (b) genuine consensus-seeking between the higher levels of elected political parties; and (c) the power of ordinary Swiss citizens to gather enough signatures to propose and reject Parliamentary legislation *via* popular-vote referendums. (Only two Cantons still practice actual physical gatherings of citizens' assemblies for decisionmaking, however, and these usually operate *via* simple majority rule.)

  (But even here, this arrangement can be and has been cynically manipulated, especially by using fear. This arose from the 2015 '*Charley Hebdo*' terrorist attacks in France and apparently related religiously motivated murders in other European nations (especially of Muslims killing non-Muslims). Fanned by fearful headline news, there was much anxiety amongst the Swiss people along the lines of, "Maybe *that* could happen *even here…!*" So, in 2016, the Swiss citizenry voted by—a 2-to-1 margin—to pass a controversial ***national-parliament-sponsored*** referendum. This legislation now allows the Swiss government's security services and police departments to gather, keep indefinitely, and reveal no reasons for doing so (allegedly only upon notification of any *Swiss* citizen targets being surveilled, not other nationality targets) vast quantities of personal information and e-communications. This data is gathered not only from Swiss citizens accused of no crime, but from **all** who send and receive e-communications that come from, go to, or go *through* Switzerland.. To justify this, a kind of 'pre-crime-prevention-just-in-case' rationale is used. This data is gathered even from protonmail.com, which boasts greater e-mail privacy since it is Swiss.)

- The **Venezuelan "Bolivaran" grassroots democratic institutions—<u>the communal councils and communes</u>**. Operating throughout Venezuela since the Chavez administrations, communal councils are composed of several hundred adult residents of small geographic or neighborhood areas, allowing direct contribution to participatory democracy. Each communal council area has an assembly, during which council members are elected. These councils, in turn, elect one of their own to the 'commune' level (roughly like a county). Though accessible to all citizens, the poor (the great majority of the population) especially benefit. Though initiated and funded from the top by the Chavez administration in the late '90s, the councils rapidly took on a life of their own. Their ultimate aim, as promoted by Chavez, was to literally replace the current structure of the state with that of a confederation of communes.

Today, however, there are not many communes left, and—of those that are—most struggle financially, since they are dependent on the central government for funding, and thus on the price of oil. The ongoing horrific economic crisis in Venezuela has been brought about mostly by the U.S. government embargo of much needed oil revenue and consumer products from entering the country. The more successful communes, though, tend to be in the rural areas, and are resisting attempts by the central Venezuelan government to reduce their autonomy and change them into instruments of federal governmental power. Though crucial to Venezuela, these neighborhood-based organizations are much less well-known in the U.S. than are the Venezuelan Chavez and Maduro presidential administrations (which are usually portrayed as the most evil dictatorships in the Western hemisphere, as bad as or even worse than Cuba's).

In NC-PA's case, the keys to its success will be insistence on:
   * Mutual respect;
   * At the Neighborhood-Council (NC) level, mutual trust-based-on-demon-strated trustworthiness;
   * Direct connections to local-through-national elections run with genuine election integrity (because every NC-PA is based in the voting precinct, *the* most basic geographic area that composes *every* election district in the U.S.).

Chapter I: Two Near-Future Scenarios

- **Scenario A—Business-as-Usual: Increasing MIFIC*-Domination**
- **Scenario B—From Dystopia to Paradise: Evolving Wings**

- ## Scenario A—'Business-as-Usual': Increasing MIFIC-Domination

Election Thefts; a Butchered Biosphere; a Panopticon/Absolute-Control State *via* 5G Telecommunications Systems, the Internet of Things (IoT), Remote Mind Manipulation of Persons/Populations, Perpetual Psychological Warfare against the Public; and Large, Long-Term, UnConstitutional-yet-Legal Diversions of Federal (Public) Funds to Enable Much of the Above (and More).

[For references on these topics, please refer to 'Appendix D: Resources/References:…,' pp.165–212.]

*[Certain issues are focused on, due to widespread public misperception, ignorance, or even denial of their reality. This is not to diminish the importance of other issues, only to say that un/misperceived yet **key** issues have not been paid attention to by the surrounding society and so are not widely known.]*

Many of the short and long-term effects of MIFIC's activities have been devastating, including: corporate-hired death-squads; ecological destruction (*e.g.*, Shell Oil's' grossly polluting the environment of its extraction areas while making 'security arrangements' with local authorities to lethally suppress any ecological opposition to Shell in the nations in which Shell is extracting oil); weapons systems sales to both sides of conflicts; decades of election thefts around the world—including the U.S., with its hacked voting machines, ballot tabulators, voter-roll purges, and the Citizens United v. FEC Supreme Court decision (the latter opening the financial floodgates for unlimited contributions to politicians and their campaigns by both for-profit (*e.g.*, corporate) and non-profit (*e.g.*, NGO) organizations); and much, much more.

Yet even MIFIC is itself a multi-pronged tool wielded by those directing very large financial institutions that our allegedly elected governments are supposed to be overseeing, but instead have been co-opted. Those with real power are like the proverbial foxes watching over the henhouse. They use rigged elections; corrupted judicial, legislative, executive branches of government; corrupted and controlled mass-media organizations; and enforced, ever-increasing dependency of citizens on centralized authorities for their (mostly imaginary) liberties, which—with today's COVID19-related restrictions—have been much reduced.

By way of *United States Code* (*USC*) 50: Chap. 46, the U.S. public's taxation of income and assets has been funding profoundly inhumane campaigns against both foreign *and even U.S. populations for decades* (*pp. 209-212*).

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* [President Eisenhower coined the term "military-industrial complex" in his 1960 farewell address. It more accurately might be "***military–industrial–financial–intelligence complex***" **(MIFIC)**.]

'Wage-slavery' and 'welfare-slavery' fit well with an apparently deliberately imploded global economy caused by governmental COVID19 responses. There has also been growing abuse of those who work to change society in healthful ways by those in positions of local, regional, and national power. Even so, even ordinary citizens often can—and are—targeted, as well.

This first part of Chapter 1 focuses on realities often ignored or denied by most of the U.S. population. For reasons of space, only several are examined in detail, yet—as you likely already know—there are quite a few that are not even hinted at in this *Manual*. Yet we must persevere in educating and organizing ourselves, for if we do so healthfully, then we can truly deeply *unite* as a society based on NC members' mutual trust that is based on mutual trust***worthiness***.

Election Thefts: Pseudo-Democracy via Manipulated Election-Machines

Election thefts are key to enabling the creation of corrupt, pseudo-democratic governments, turning them into tyrannies—local, regional, and national.

Elections are stolen by those who can manipulate the computerized (and often easily hackable) voting machines, ballot-counting machines, and voter-registration lists. Hacking can include (yet is certainly not limited to): on-site hacking *via* "last-minute machine maintenance" just before an election; off-site hacking *via* modem/WiFi; and date/time triggered, self-deleting malware code in the original computer programming, which can easily be inserted. The computer programs used by various election-machines that we use in our elections are proprietary, which means that they are—literally and legally—unviewable by the public, even by governmental election officials. Given the stakes involved, none of this should be surprising (this includes any computerized optical scanners used in the 2020 "mail-in" election).

Yet, even with full software-code transparency, a society that depends on elections based on *any* kind of ballot-recording and counting machine is foolish, as doing so immediately exposes that society to the whims of those who are able to manipulate those election machines and gradually (or quickly) chain human liberties. That is why only hand-counted, secure-chain-of-custody, publicly observed-at-all-stages, paper-ballots should be used (though the results can, if desired, be compared to the counts of optical-scanning ballot-tabulating machines (that are *not* connected to the Internet) counting the same ballots).

When informed on the subject, most reasonable persons will likely conclude that many U.S. elections have likely been rigged for decades *via* machines that counted the votes in those elections. Yet—unbelievably—such election machines have been literally *mandated* in state-level election laws. Even more unbelievable is the fact that most of those state laws cite the Federal "Help America Vote Act" (HAVA) of 2002 as justification for that mandate, yet HAVA actually gives local governments **a choice** as to whether or not to use computerized election machines and software. In addition, computerized equipment is also easily hackable and manipulable. That fact was—apparently—of no concern to the drafters of HAVA.

Examples of What This Means

Since many (*perhaps most?*) members of today's U.S. Congress have been *pre-selected* to that Congress by unknown organizations for many years now (*versus* *e*lected to it by 'we the people'), it seems reasonable to conclude that *any legislation passed by such compromised Congresses **not** be considered valid and binding on those who have been/are being affected by it.*

Yet, despite ample evidence of election rigging, most of the U.S. public appears to have acquiesced to it, either by simply denying it exists (in spite of presented contrary evidence), or by simply being apathetic. Society as a whole (and most of the people who compose it) are now reaping what they have sown with their denial of and subsequent *in*action regarding election thefts. The *pre-s*elected (not *e*lected) governmental officials are in elective office under false pretenses. More than a few local election districts have been taken over by compromised individuals whose allegiance is to other organizations, not to their alleged constituents or the election district(s) they are supposed to represent.

These *pre-s*elected public officials then help arrange—for and with various allied large moneyed interests—the looting of (and thus greatly harming and even destroying of) the ecologies, wealth, and resources of various parts of the Earth and its populations, including those of the U.S.

Our most fundamental public right—the choosing of our own path by voting on issues and representatives to create governmental policy that is then carried out—this most fundamental democratic right has long been given over to private interests.

More than a few of these groups can arrange for elections to be stolen. They include 'front-men' corporations—such as the various manufacturers of the computerized voting-machine hardware and software (who have apparently deliberately put election-altering, self-deleting code into their own election-ballot-counting programs), the election providing companies (*e.g.*, Dominion); the ballot-printing companies; the ballot-tabulation-machine hardware companies; *etc.*

Their 'trust-us' propaganda sooths an uneasy public concerned with its election integrity, while they have enabled an 'oligarchy-in-all-but-name' in the U.S. Some of our *pre-s*elected public officials have been in office for decades, and create and act in our name whatever and however their true employers (those who fixed their (s)elections) see fit.

> ***Our right to vote in a genuinely democratic way for officials of our choosing is a right that* must *always be enforced by and be transparent to 'we the people'.* In public elections, 'genuinely elected' should *only* mean the following: elected *via* hand-counted, secure chain-of-custody, publicly observed at all stages, machine-free (except to verify), paper-ballot-only-based elections, without voter-roll purges based on residence location, race, *etc.***

What to Do

To clean this electoral mess up, a series of major elections—from the local through national levels—will first be necessary. **While this will take some time to correct completely, it is more than worthwhile to start correcting it as much as is humanly possible *now*, not only for immediate effects, but also for healthful *future* effects.**

[For more on the many U.S. election thefts and manipulations, please refer to 'Appendix D: Resources/References: Election Thefts' (*pp. 165–169*), which includes the books *Code Red* (and articles) by Jonathan Simon, *Black Box Voting* by Bev Harris, and *While We Still Have Time* by Sheila Parks, plus the films *Hacking Democracy* and *Uncounted*. For more on how the U.S. government has stolen and manipulated the elections of other nations, please also refer to the book *The Plot to Control the World: How the U.S. Spent Billions to Change the Outcome of Elections Around the World* by Dan Kovalik (2012).]

Butchering the Biosphere/Weaponizing Nature

Our unraveling life support system –the Earth's biosphere—accelerates courtesy of a 'profits-above-all-else' mindset: relentless resource extraction, pollution of all kinds, and degradation and destruction of biological species and entire ecosystems. No provision is made for future generations of humans, let alone the other integral parts of our Earth's biosphere. Some of the results include (but are certainly not limited to):

- Forest fires that are more frequent, larger, hotter, and increasingly deliberately set to clear forests for industrial agricultural purposes. By August 2019, a record 40,000+ fires blazed in Brazil's Amazon rain forest alone, plus tens of thousands fires more throughout Africa's vast greenbelt. Also, many, unprecedented-in-scale forest fires burned in the western U.S. in 2020. Decades of fire-suppression had prevented natural fires from igniting, allowing undergrowth to grow and enlarge, which made the fires that finally did ignite be catastrophic. Much of the ecologic damage also comes from the emissions of toxic pollutants into the atmosphere, as well as ecosystem destruction.

- Increases in ocean acidification from increased atmospheric CO2, partly caused by fires and oil/coal combustion;

- Biochemical pollutants (*e.g.*, cancer-causing glyphosate herbicide in soils and foods);

- Oceanic 'dead zones,' devoid of most life and mostly due to agricultural fertilizer runoff and oceanic acidification;

- Widespread microwave- (300 MHz–30GHz) through millimeter-wave (30–300-GHz) EMF pollution that is naturally non-existent on Earth's surface due to their neutralization by Earth's upper atmosphere. Most unnatural and harmful are the *pulsed* (*modulated*) micro-/millimeter waves, which contain the data/information and are used in modern-day telecommunications systems (*e.g.*: 3G (3rd generation), 4G (4th generation), and increasingly 5G (5th generation (which includes its predecessors)), plus used by the 'Internet of Things' (IoT); *etc.*). **Certain EM frequencies—especially when modulated (pulsed)—can cause genetic damage.** *EMFs can enter the body via hair follicles and sweat-duct glands, both of which act as antennae into the body.*

- In addition, many toxic metals that—one way or another—get into the body, such as aluminum and mercury, tend to act as internal antennae in their own right, thus strengthening the body's reception of EMFs. Transceiving devices are emitting wide-

spread electromagnetic frequencies (EMFs)—both modulated and unmodulated—and include the now millions of 5G-cell-antennae being installed around the world. Electro-magnetic-field-caused genetic damage can be passed on indefinitely into future generations (more on this EMF subject below).

- The raising and ingestion of genetically modified organisms (GMOs), which can cause chronic, harmful human and animal health effects. ***GMOs can also cross-fertilize with non-modified organisms of its same species. This causes permanent inheritable genetic pollution affecting entire generations of plant species indefinitely into the future.***

Other examples of butchering the biosphere include, but are certainly not limited to:
- Mass-scale forests clear-cutting
- Animal/plant species decline—in some cases, extinction
- Oceanic pollution—from endocrine-disrupting chemicals to plastic nano-particles
- Toxic air pollution from coal-burning electric-power plants
- Fukushima's multiple nuclear meltdowns in 2011 have not really stopped and continue to spread radioactive isotopes world-wide by both sea and air. These arrive in bursts, as the Japanese authorities are releasing—in stages—their vast stores of radioactive ocean water (and who knows what else) into the Pacific Ocean. The radioactivity of some of these isotopes last a very long time—from decades to millennia and even longer). **(After the Fukushima nuclear disaster, in a bizarre turn, the U.S. Environmental Protection Agency (EPA) radically increased the maximum radiation levels considered "safe"** *during* **a nuclear event such as Fukushima, such that** *literally* **thousands of times the normal "safe" limit would—during the nuclear event—be considered "safe.")**

Any one of these situations could severely harm virtually any biologically active world, but all hitting at the same time becomes truly catastrophic.

A Panopticon/Absolute-Control State *via* 5G Telecommunications Systems and the Internet of Things (IoT)

[The following 'Near-Future-Scenario' section is longer than the others, as most readers currently know little about it. For references, please see 'Appendix D: Resources/References: Panopticon/Absolute Control State…' (pp.184–198).]

A 'panopticon' is a prison/surveillance system in which *all* prisoners can be easily monitored 24 hours a day, 7 days a week. Today, technologies used by various persons/organizations that do not have the best interests of 'we the people' at heart are threatening to make the entire Earth a single planet-sized panopticon prison, with any individual or group potentially targeted for surveillance or other purposes.

Omnipresent Physical Surveillance
'Smart' cities and 'smart' electrical grids use many thousands of Internet-of-Things (IoT) devices, such as 'smart' GPS locaters, audio microphones, video cameras (from large ones scanning public-areas to tiny ones in 'smart' TV sets), and detailed electric-device-usage abilities (*via* 'smart meters'). Wireless smartmeters also generate extremely harmful pulsed microwave radiation at various high frequencies, 24 hours a day, 7 days a week.

There is much information about the allegedly incoming 'Internet of Things' (IoT), since it is already taking physical shape. The IoT inserts itself into ever-increasing numbers of interconnected 'smart' devices and local grids (*a.k.a.*, "networks") of all kinds, connecting everything from drones, phones, TV's, cars, residential HVAC systems, personal bio-medical devices, to you-name-it.

Similar microwave-emitting EMF-based 'smart' meters for other basic utilities—such as water and natural gas—are also being installed across the nation. Yet other IoT devices allow real-time facial-recognition, walking-gait-recognition, and voice recognition to precisely track any given individual and his/her activities. If/when fully deployed, the 5G+IoT+satellite-mega-constellations sensors will be able to track targets almost anywhere on Earth, and all in real time (see 5G/ IoT-related section below).

Omnipresent Online Surveillance
From vast international telecommunications surveillance programs (*e.g.*, programs called "Echelon" (and here), PRISM, XKeyscore, *etc.*) down to local police departments sweeping up most individuals' personal information *via* private social-media monitoring and engagement platforms (*e.g.*, Geofeedia.com), surveillance has **never** been more pervasive.

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Informant-based Societies

Like East Germany from the 1950s–1980s, our social connectivity has been hijacked, twisted, and weaponized against us. Some online organizations—*e.g.,* "NextDoor.com"—while often performing useful functions—also knowingly act as intelligence gatherers for police and other agencies. These include 'anonymous' informing-on-others feature usually found on websites serving a particular neighborhood. Also, the extent to which such informing is due to pre-existing resentments, feuds, *etc.* has yet to be satisfactorily addressed by Nextdoor.com .

The '5G' Telecommunication System Will Interconnect the 'Internet-of-Things' (IoT) into a Social Surveillance-and-Control System.

5G frequencies (which *include* both lower 3G and 4G-LTE frequencies and which are always pulsed/modulated) are presently adding ultra-high frequency micro- and millimeter waves, from 6 GHz–86 GHz and even higher in the near future.

5G was officially begun by 24 April 2008, when NASA issued a press release describing how it and a corporate entity known as 'm2mi' were co-creating the **5G** system that would require a widespread installation of small transceivers about every 100–300 feet, depending on urban or suburban location. That 5G system exists today, and these microwave-radiating transceiver stations are being installed onto lampposts (*see photo, above*), telephone poles, buildings, flagpoles, fake trees, virtually anything.

These stations contain many 'phased-array' antennae. Phased-array antennae enable multiple, simultaneous directional steering of 'shaped-and-pulsed-to-order,' microwave/millimeter-wave-length EMF beams onto/into any in-range target, whether the target be an inanimate object, person, or whatever. In addition, many of these electromagnetic frequencies—*especially over time and at* **low** *power*—have been shown experimentally to interact with the skin's helically shaped sweat glands.

These and other physical interactions cause micro-/millimeter EMF radiation effects deeper within the body than only upper epidermal tissue. Because of these properties, they cause bio-physical harms to both animals and humans, since the EMF waves literally force a body's cells to behave in unhealthful-to-body ways, including DNA damage (see relevant entries in Appendix D: Resources: Butchering the Biosphere/ Weaponizing Nature (*pp. 171–179*)).

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Yet the U.S. 1996 Telecommunications Act (<u>USC 47 Sec. 332</u>) literally *forbids* local governments (*e.g.*, cities, counties, states) from preventing the placement of small-cell transceivers because of "environmental reasons." These "environmental reasons" are now legally associated with "human-health-risk reasons" due to several key legal decisions that took the telecommunications industry's stance that the only real dangers from radio-frequency EMFs come from the heat they generate in living tissue. This is in spite of the ever-increasing, voluminous evidence in the form of scientific studies presented to these courts of harms done by even low-power RF/MW EMF radiation (*see pp. 171–179*). One such decision was <u>EMR Network v. FCC and USA</u> of 11 Feb. 2005, in which the plaintiff (EMR Network) tried to force the FCC to reduce its RF-exposure limits in light of evidence showing harm at lower-than-legal-maximum rates. Yet the DC Circuit Court of Appeals—stated, in a twist of legal logic:

> "In its reply brief, EMR tries to shore up its factual case by offering additional reports of possible non-thermal risks. **As the reports were not submitted to the FCC before it acted, they cannot be a basis for overturning the order**" [*emphasis added*].

NOTE: **The telecommunications industry does *not* have to win the scientific argument about micro-and-millimeter-wave safety. It only has to keep the argument going on indefinitely about evidence being "inconclusive." This was the same strategy used by the tobacco and asbestos industries against claims of lung cancer being caused by its products. This strategy is also used by other manufacturers of very-harmful-yet-very-profitable products.**

5G, the IoT, and Multiple Satellite Mega-Constellations

No matter what future research on <u>5G technologies and human health</u> shows, the tele-communications industries are betting that, by the time research on human <u>health effects</u> of <u>proven 5G technology harm</u> is made public or helps to win a court case against them, ***most 5G systems will have already been made part of society's infrastructure, and so without possibility of reversal, since—by then—too many people will have become* literally** **dependent** *on the 5G micro-/millimeter-wave-emitting devices that are harming both them and the planetary biosphere they physically depend on.*

Leszczynski, a reknowned scientist, summarizes:

> "This is a unique situation in the history of Humanity. *Everyone* will be exposed to non-ionizing radiation insufficiently tested before deployment. What will be the responsibility of the scientists, decision-makers, and industry leaders who permit deployment of insufficiently tested technology that affect us all? The answer is '*No responsibility*,' because health effects will likely take tens of years to manifest,S and the persons currently enabling the deployment of insufficiently tested, non-ionized-radiation-emitting 2+3+4+5G wireless technologies will either be retired or dead."

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A global 5G system will also tie together the micro-/millimeter-wave-transceiving IoT devices with the low-Earth-orbit (LEO) and very-low Earth orbit (VLEO) satellite mega-constellations (*e.g.*, Space Exploration Inc.'s (SpaceX's) up-to-total 'StarLink' satellites (see below); OneWeb's mega-constellation). This multi-system gives an extremely tiny population—whether even a group of third- 50,000-satellite-mega-constellation 48,000-satellite minority of Earth's that of an 'elite' or party hackers—the ability to damage or weaponize components of that multi-system. From surveillance cameras to 5G-based infrastructure components to wi-fi-beaming satellites—much of our society and—eventually—much of Earth itself, from the ionosphere to its surface, can be severely affected. If 'elite' controlled, it will be through various key organizations (intelligence agencies, security corporations, defense contractors, telecommunications corporations, law-enforcement agencies, *etc.*) Various IoT components (*e.g.*, cell-mast transceivers with phased-array antennae—(see image, below)) can be directed at multiple specific targets. *A 'target' can include anyone who has been designated a 'target,' including for unConstitutional reasons.* If fully deployed, most people and populations will eventually become 'targets' for various reasons, and their brains, bodies, and behaviors influenced.

The health effects <https://bioinitiative.org/> of these carrier-wave and/or pulsed-carrier-wave EMFs—such as certain types of cancer—and the mass-surveillance capabilities of the 5G-plus-IoT-plus-megaconstellation-satellite systems are areas of equal or even greater concern. For example, their ability to wreak havoc in the functions of a biological target—such as a human being—and even entrain or otherwise alter human brains. These areas of concern are rarely touched by most media—whether mainstream or otherwise—when addressing the overall topic of 5G and the IoT.

'Phased-array' antennae, 'shaped' EMF waves, Brain Entrainment, and 5G
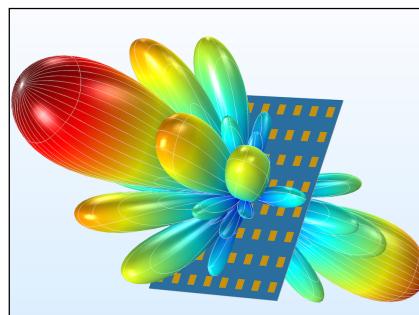
CGI-Image of an 8x8 Phased-Array Antenna Directing
Multiple Micro-/Millimeter-Wave EMF Beams

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5G-cell-mast tranceivers, LEO/VLEO mega-constellation satellites, and many other individual 5G/IoT devices use phased-array antennae, each of which can emit multiple, focused, precisely targeted micro-and/or-millimeter-EMF-wave beams at their targets, which can include people. The beams are focused to some extent and act like microwave lasers ('masers'). Each beam emits at set or variable frequencies, power levels, and pulsed

modulations for specific effects on the target, whether it be a device or a human brain. (As detailed further below (*pp. 29–33*), such tailor-made 'shaped' beams can stimulate, suppress, and/or entrain various areas and functions of human brains within range.)

Growing surveillance camera networks are also accessible in real-time, and many connect to the ever-evolving Internet of Things (IoT), which includes all kinds of 'smart' devices, such as newer cars, neighborhood 5G-cell-mast transceivers, wi-fi-beaming satellites operating as part of LEO/VLEO satellite mega-constellations, and facial-and-walking-gait-recognition-programs, among others. *Facial and gait-recognition programs are meant to identify specific targeted individuals or groups of people, but they also have significant 'false-positive' rates. Also, 'smart' security cameras—by their very natures—enable unauthorized third-parties to not only observe events in private homes' interiors but also hijack them for who knows what reasons.*
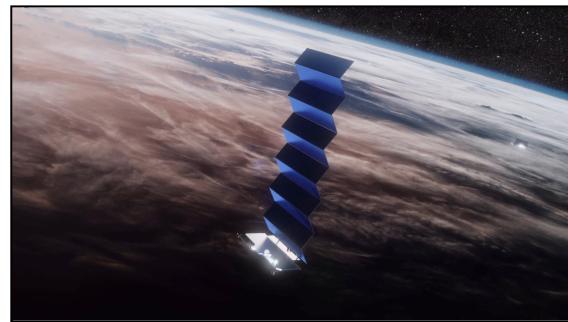
An example of mega-constellations of thousands of low-Earth orbit (LEO) and very-low-Earth-orbit (VLEO) micro-/millimeter–wave-emitting satellites—is SpaceX's 'StarLink' project.

By mid-2020, SpaceX's 'StarLink' project's initial 420 Low-Earth-Orbit (LEO) satellites had been approved, deployed, and begun beaming pulsed-micro-/ millimeter-EMF waves onto targets on Earth. StarLink's stated purpose is to provide Internet access everywhere on Earth, yet it is important to note that it will also be used for other purposes, including Department of Defense geo-location, communication, and other applications (of course, the public knows little of what 'other applications' might entail).

From 2021 onward, 10s of thousands more LOE and VLEO satellites are planned to form *satellite mega-constellations.* SpaceX's first mega-constellation of over 4,400 LEO satellites is slated for the end of 2024. Yet SpaceX has also been approved by the Federal Communications Commission (FCC) for launching and deploying an additional *eight thousand more* LEO, micro-/millimeter-wave-emitting, Earth-targeting satellites, so its currently approved total will be over 12,000. In addition, in October 2019 SpaceX applied to the FCC for permission to launch an *additional* 30,000 LEO 'StarLink' satellites < https://review.tinyurl.com/SpaceX-30000-More >, and seeks approval for even more.

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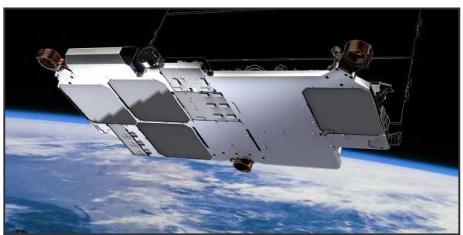
Each StarLink satellite lasts about 5–7 years. The estimated replacement rate—due to burning up in Earth's atmosphere or otherwise being destroyed/disabled—eventually will number about 2,000 satellites per year. **Replacement satellites mean even more atmospheric-ozone-depleting rocket launches every year (in addition to the launches of the original mega-constellation-satellites).** This is especially concerning because SpaceX is just one corporation among many that launch and deploy their own mega-constellations of 'wi-fi'-emitting satellites. Currently, about 3% of all StarLink satellites are non-functioning, meaning they cannot be controlled by ground stations and are just dumb bullets in a shooting gallery called "low-earth orbit."

Each StarLink satellite is estimated to generate about 20–40 kw of electrical power from a solar-power wing. Each also has four large *phased-array antennae* plates affixed to the side always facing Earth. These antennae transmit (and receive) pulsed-to-order EMFs in maser-like beams—relatively tightly focused and targeted—that can simultaneously transmit the desired pulsed frequencies to/from one or more target(s) on Earth. [**NOTE:** SpaceX has made many technical details about its satellites—such as the phased-array antennae—proprietary information (in effect, *secret*), so they are unavailable for public examination.]

The second version of StarLink—sixty of which were put into LEO in November 2019—"generate twice as many phased-array broadband beams." These micro-/millimeter-wave beams are EM frequencies in the 'Ku' and 'Ka' bands (12–18 GHz and 26–40 GHz, respectively). SpaceX began commercial transceiving of Internet 'wi-fi' to/from Earth in 2020 with its proto-constellation of 858 satellites. By 2024, this fleet is planned to be the first satellite mega-constellation in history, with over 4,000 satellites orbiting at multiple altitudes. This first mega-constellation is to be the vanguard of SpaceX's planned 'StarLink' project, which expanded from 12,000 to include a potential **30,000 or more satellites**.

SpaceX's founder, Elon Musk, says StarLink will become "economically viable" at about 1,000 satellites, with additional ones meeting customer demand. Musk also said in a CNBC interview played in 2019 that "StarLink satellites can enable 5G access in rural areas."

Before 2020, there had only been a total of about 5,000 satellites in orbit around Earth. Of these, less than 2,000 functioned. By the end of 2020, SpaceX had *at least* 1–2 StarLink satellites covering every part of Earth, each satellite continually beaming down a wide variety of pulsed microwaves to/from various targets (which can certainly include many possessing IoT devices). This better enables smart phones, smart TVs, and other smart devices to be 'smart' and also to download and upload information, using their own antennae, phased-array and otherwise, using Earth base stations to relay the signals.

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Due to the reflectivity of the ionosphere, however, these micro-/millimeter-wave EMFs are reflected back and forth, between the Earth and the ionosphere—similar to microwave ovens. The more this happens in our own atmosphere, the more it adds to already rapidly increasing microwave and millimeter-wave 'electro-smog,' the frequencies of which having been proven increased risks of catastrophic health effects, *especially* at **_low_ power** (*a.k.a.*, 'low amplitude,' apparently since it most closely mimics a typical body's tiny power levels of bioelectricity within and between cells) in the young and developing, in the elderly, and in other EMF-vulnerable sub-populations.

Regarding 5G, please, *at least* remember this:

Whoever has control over a 5G system can literally define *anyone they wish* as a 'target.' Since the definition of "target"—as well as the process that led to one's becoming targeted—will remain secret, *anyone* can become a target and never know what caused it. **The 5G+ system-of-systems could target—*for surveillance/experimental/or for whatever other purposes*—virtually anyone in any society in which the 5G+ system operates**, regardless of whether or not that person presents a genuine danger to the public and/or ruling regime. If someone resists the ruling regime—*or it is even merely perceived that he/she might someday in the future resist it*—then he/she would likely be considered a 'legitimate target' (from the regime's perspective, a sort of 'pre-emptive "crime" prevention' tactic).

Borgs R Us
Unchecked, 5G+wireless technologies and their infrastructures will become "6G" and even "7G" systems, putting every person in range on the most intimate of terms with artificial intelligence (AI) systems. This involves: (a) physical implants *via* "minimally invasive" (*e.g.*, by injection **(such as mandated or misrepresented to the public mass vaccination campaigns)**, inhalation, ingestion (more here)); and (b) the intention(s) of those who deploy and operate these and similar technologies.

1G–4G EMF radiation exposures have been ongoing for many years, but our acquiescence to 5G, 6G. and 7G communication/brain-machine-interface (BMI) systems hastens our literal *physical* merging with the Internet of Things (IoT). We're moving closer to a 'technocratic/transhumanist ideal society,' in which an elite is in total control, and all (except perhaps the elite) have been permanently implanted with technologies allowing the 'upgraded' individual's physical bodies/brains to directly interact with the IoT, its AI systems and their ultimate operators/manipulators, at any given moment. *Vice versa* is also likely: one's own body partly or fully becomes a puppet, cyborg-like and operating to another's will. So have humanity and Earth itself been hijacked to unhealthy destinations. Until 'we the people' take back control of our own society—or at least change the direction we're currently headed—many more will suffer, and completely unnecessarily.

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***via* 5G Telecommunications Systems and the Internet of Things (IoT)**

[The U.S. Army has weaponry that uses focused-beam transmission above 90 GHz—it's called the 'Active Denial System.' It inflicts agonizing heat-pain on its targets (people). Although now 'officially' withdrawn from active service, similar effects—such as using multiple-beam, phased-array 5G antenna—could conceivably target individual persons.]

A Few Key EMF Terms*:

- **Carrier Wave:** The electromagnetic radiation wave length, in cycles per second (or 'Herz' (Hz)), that is broadcast at particular frequencies, power levels, and modulations. It "carries" information as pulses within its EMF wave.

- **Frequency**—EMF wave speed per second. Frequencies used in 5G fall into two broad ranges: microwaves (300 mHz–30 gHz) and millimeter waves (30 gHz–300 gHz).

- **Power (amplitude):** Low-power radiation has more biological effects in some ways at both cellular and sub-cellular levels. Non-dose dependent rates of pathologies occur: low-power EMFs at various frequency ranges and pulsed EMFs cause more damage than higher powered ones, though the latter also harms the body.

- **Pulse-Rate:** Regular, abrupt changes in carrier-wave-amplitude power. [When certain carrier-EMF waves are pulsed and combined, lower EMF waves form in resonance. These lower resonance waves create attendant biological, *etc.* effects on humans and animals (*e.g.*, resonating pulsed-EMF's effects on humans include causing brain-wave entrainment *via* 'shaped' micro-/millimeter-beam-wave forms composed of two or more frequencies that are much higher than those generated by the brain, which have a much lower frequency range (*e.g.*, 0.1–10 Hz).)]

- **Specific Absorption Rate (SAR):** SAR is the amount of radiofrequency (RF) radiation absorbed by biological-tissues over 30-minutes, and is expressed as milliWatts per gram (mW/g) or Watts per kilogram (W/kg). SAR is calculated by measuring RF through various fluid-filled containers that approximate the properties of various human tissues, including size and shape. **However, any pulses in the radio frequency (RF) are *averaged*. This completely sidesteps the fact that dynamic pulsations of RFs cause more biological effects than do non-pulsed RFs**. Also, SAR ignores literally *thousands* of peer-reviewed studies showing definite physical damage to cells and DNA, *especially at **low** power levels*, since low power more closely matches the tiny amounts of EMFs made by those body's cells. **SAR also ignores RF's easy penetration of a younger person's head (vs. an adult's)**, as well as exposure from RF sources like WiFi, Bluetooth, *etc.** (also see online EMF glossary & preview.tinyurl.com/EMF-Glossary.)

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Remote Mind Manipulation of Persons and Populations

As fantastic the following might read, it is fact that, by exploiting combinations of highly advanced, weaponized technologies—some literally decades ahead of where most currently presume them to be, ***those who control such technologies put humanity at risk of being indefinitely controlled/manipulated/influenced/harmed by those who wield them.***

Mind-manipulating technologies include the following (try entering a few of these terms on a search engine along with the word "weaponized" or "hacked", then home in on the sources you consider to be genuinely credible):

- *Nanotechnology*
- *Biotechnology*
- *Nanobiotechnology*
- *Geo-engineering (including atmospheric)*
- *The 'Internet of Things' (IoT)*
- *Remote Neural Influencing Technologies, (Including Using ElectroMagnetic Frequencies)*

Telecommunication EM Frequencies

a) 900 MHz: Used for medical diathermy, as it penetrates the brain and burns tissues well.

Yes, it's true: certain EMF wavelengths can entrain one's brainwaves and, thus, can effectively literally 'hack' into one's brain, one's thoughts, etc. (The ramifications of this are disconcerting, to say the least....)

b) 1,800 MHz: one harmonic above 900 MHz, 1,800 MHz is also the same frequency the Soviets used against the U.S. Embassy compound personnel during the 1970's–80's.

c) 2.4 GHz: ***This is the basic 'wi-fi' frequency.*** It is also—either by amazing coincidence or deliberate choice—the frequency of ordinary household microwave ovens, ***due to that frequency's resonance with water molecules*** (it makes the water molecules heat up quickly *via* vibration). ***This particular chosen frequency area just happens to be the same frequency at which water molecules vibrate in ways that disrupt various types of biologically used molecules.***

Each is an interesting choice of EMFs for beings (*i.e.*, ourselves), whose physical bodies are very sensitive to these exact same EM frequency bands. These EM frequency bands can also—*via* multiple phased-array antennae—be pulsed, modulated, 'shaped,' directed at targets, and so have powerful effects on target(s), human or otherwise).

Then there are the enormous clouds of data collected by, for example, mega-constellations of V/LEO satellites (allegedly existing simply to provide Internet access to all areas of the inhabited globe, while making a profit while doing so).

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Yet many of us still just cannot believe that advanced EMF-based and other technologies have been used as weapons against members of the public by unchecked organizations since at least the early '50s. For one of countless examples, use an Internet search engine—like Google Scholar—using the terms +"microwave" and +"hearing" in the same search line.

> **These weaponized technologies can be wielded by virtually any organization—governmental or otherwise—with the means to do so.** This poses a genuine threat to our *inherent* freedoms and *inherent* human rights.

The widespread public disbelief in these subjects stems partly from a psychological feeling of increased safety with others in society who disbelieve it (or at least act as if they do) *via* collective denial. Such collective denial also partly stems from the continued concealment of and disinformation about these technologies by said organizations of means. This deliberate 'muddying of the waters' subsequently encourages people to disbelieve any contrary evidence. Apparently, this is done to avoid 'panicking the herd' at large ('the herd' being humanity, in general). Also, skillfully applying techniques that enforce conformity to perceived collective opinion (*see p. 200*) ensures the public's acquiesence.

> **What seems to enable 'magical thinking'—individually and collectively—is (a) *denial of what is actually happening/has happened to avoid feelings of hopelessness*, and (b) *fear in reaction to what actually has physically happened/is happening*.**

One common example of 'magical thinking':
> "When I simply *ignore* the actions and their consequences of [*current name of thinker's regime that commits atrocities*]—no matter how dire the near-term/long-term health/security threats to myself and/or other people—and instead stay focused on a 'love-and-light' belief system/life philosophy (or whatever type of "positive-belief"/ NewAge® belief system), then those of the ruling regime (who literally get away with atrocities against me and/or others) will eventually—somehow—either simply just go away or otherwise no longer be of any concern to me whatsoever."

Such 'magical' ways of thinking are encouraged by those who seek to undermine society to their own benefit (*e.g.*, "New Age™ " philosophy, which ultimately has resulted in non-engagement in civil affairs by a large part of society, let alone with engagement in genuine collective self governance). That is because such 'magical' thinking leads to *no* significant political organizing, and thus *less* chance to co-create healthful physical changes. This lack of effective action subsequently encourages those subverting our society, within and without.

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There are also third-party, state/non-state organizations that eventually will hack (and possibly already have hacked) their way directly into impacting key parts of the global 5G+IoT+WiF satellites meta-system. Such a scenario is alarming to contemplate and definitely must be healthfully addressed.

Consider: 'Influencing the mind' and its synonyms include technologies that can:

- Enable a target's thoughts to be accessed
- Remotely makes the target hear sounds and/or perceive other sensory stimuli
- Dull a target's mental abilities
- Interfere with a target's memory
- Excite a target's mental or bodily processes
- Inflict pain in/on any of target's organs or nerves
- Change a target's blood pressure and heart rate
- Change a target's breathing processes, speeding up or slowing down
- Activate rage in a target
- Activate sadness in a target
- Activate hysteria in a target
- Activate other pathological sensations/behavior(s) in a target

Ask yourself, *"How long would an average targeted person—or myself—take of such 'influencing' before physical and/or psychological breakdown?"*

Such weapons can be operated from a great distance (remotely). Among other things, this means that their operators have no physical face-to-face feedback as to the effects of their actions. This predicts gross abuses of power with virtual certainty. Those aware of the issues involved are justly alarmed about what is actually occurring/has already happened.

Due to proprietary secrecy- and 'national-security'-related activities by these unchecked organizations, reliable information on these subjects is hard to find. Many of their activities have been cloaked within veils of secrecy oaths and non-disclosure agreements (NDAs) to avoid disclosing unsavory information on how such technologies have been and continue to be used, not only against people in other nations but against U.S. citizens in the U.S. Online, the 'noise (false information)' to 'signal (valid information)' ratio of this subject is very high and seems to have been deliberately created to discourage further investigation.

Mind Manipulation via 5G-Mediated EMF

As mentioned above, the incoming 5G telecommunication systems have significant health effects, and are also key components of the 'Internet of Things' (IoT, *a.k.a.*, 'the Internet of Smart Devices'). 'Smart' devices are transceivers, meaning that they can both transmit

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information to *and* receive information from each other and more centralized nodes *via* microwave- and/or millimeter-wave-frequency EMFs. Such information can include (but is definitely not limited to) both recorded and real-time:

- Video

- Audio

- Location (*via* GPS/GPS-like-devices pre-inserted into cars, phones, *etc.*)

- Many other personally identifiable data features

The ultimate "things" in the IoT are actually human beings, and their brain-waves and biochemistry are already being affected by pulsed microwaves. Governments often strenuously deny that there is any possible effect, while—in secret—madly research it and then weaponize what they have found.

EMF effects on the human brain, including brainwave entrainment

EMF and/or magnetic fields pulsed at brains in ways designed to mimic human low-frequency (1–12+Hz) brain-wave states result in targeted brains being at least partially affected—and/or brainwave-entrained—by these directed EMF/magnetic-field pulses. EMFs/magnetic pulsations—and many ways to use them—include those stemming from the 1960s DARPA's 'Project Pandora'.

DARPA now publicly researches similar areas referenced in its 'DARPA-and-the-Brain-Initiatives' webpage: "Electric Prescriptions, Neural-Engineering; Neuro-Functional Technologies; Non-Surgical Neuro-Technology (N^3); Neural-Interface Technology; and Restoring Active Memory." Also see its "RadioBio Project."

U.S. patents have long been issued that exploit brain-machine-interface (BMI). These include 3951134 ("Apparatus for and method of sensing brain waves at a position remote from a subject") and 6470214 ("Method and device for implementing the radio frequency hearing effect"). There are many more patents (see also pp. 194–198), and all are open to abuse by *those who—for whatever reasons—end up using them against others—perhaps even you.*

5G Definitely Can Be Used as a Weapons System

Even if the 5G systems weren't intended to be weaponized by the federal government, telecommunications corporations, *etc.,* the U.S. military uses its allotted 5G frequencies as carrier waves in many of its microwave weapons systems.

> **Changes to the frequencies of these carrier and/or their pulsed waves, changes to the voltages, and changes in other wave variables can transform domestic telecommunications devices into domestic warfare devices.**

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[*] Apparently due to some odd results from Project Pandora, one of its progeny projects was 'Project Bizarre'.

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Some—such as the currently being-installed 5G antennae across the U.S.—are capable of emitting pulses that cause brain-wave entrainment and/or manipulation when directed by an outside controller or hacker. They can then be used as weapons against the general public and/or those whom the wielder of these technologies dislikes, or on whom the wielder wishes to conduct non-consensual 'experiments,' whether officially sanctioned or not.

Potentially 'StarLink'-Related? Elon Musk's '<u>Neuralink</u>' project.
'Neuralink' is the name of Elon Musk's direct brain-to-computer interface (or 'brain-machine-interface (BMI)) device: an ultra-thin injectable/insertable EMF-sensitive fabric that—once inside the skull—stretches out and wraps around those part(s) of whoever's brain they've been inserted onto.

After the Neuralink injection/insertion and deployment, Mr. Musk alleges that the devices shape themselves like a net over an area of the injected-person's brain. These devices are designed to collect and learn from a person's brainwave patterns over time for subsequent translation into other media—including text—and also transmit them to other recipients *via* 'the Cloud.'

Though currently needing extremely tiny holes mechanically drilled into the skull for the injection sites for the lace-like Neuralink material, Mr. Musk is working to perfect extremely thin lasers to create the holes, which then enable the ultra-fine wiring to connect to one or more outerwear devices, perhaps worn similar to a behind-the-ear hearing aid.

It's also important to remember that the Neuralink device will also be *receiving* transmissions from the *outside* that direct it to act in various ways. The ramifications of this—especially when combined with the finely beam-formed-EMFs-*via*-phased-array-antennae, the omni-presence of those antennae (including relevant LEO/VLEO satellites), and the rise of Artificial Intelligence—are sobering.

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Societal Psyops: Perpetual Psychological Warfare against the Public

It has often been said that the best way to control the opposition is to *become* the opposition—even to create it from scratch—in order to infiltrate, hijack, and lure in and neutralize those opposed to a ruling regime. It is also important for those who want to control society to control that society's senses, including media control, propaganda, spin, and simple issue avoidance. In the minds of many, the regime in control has been able to identify itself with the nation; thus, "national security" is often invoked to get around Constitutional protections of individual and group rights here in the U.S. But "national security" really has come to mean "elite security."

"*Stop fake news!*" is the war cry for those working to both confuse and deeply divide a nation's population, including using censorship, *etc.* Activities are conducted with the intent of psychologically manipulating parts of various groups or even all of society against itself.

Yes, "fake news" certainly exists, and has existed since news media began (*e.g.*, word of mouth, pamphlets, newspapers, *etc.*). But today what is different is this:

> **The very concept of "fake news"** itself *has been hijacked, twisted, and weaponized against the public by those wishing to manipulate that public.*

Since 2014, the U.S. federal government has been Congressionally approved to propagandize the U.S. population. The U.S. Department of State—with close ties to U.S. intelligence agencies and the Department of Defense—is now allowed (*via* sec. 1078 of the *National Defense Authorization Act (NDAA) of 2013*)) to propagandize any part of the U.S. population. 'Propaganda' includes broadcasts and disseminations within the borders of the U.S. of broadcasts of 'meant-for-foreign-audiences' programs. These deliberately deceive by using part-truths and part-lies (disinformation). This is also called "poisoning the well," meaning that the issue becomes indelibly and unpleasantly associated in the public's mind by the use of one or more obviously untrue issue (*e.g.*, for example, that the planes used in the attacks of September 11, 2001 were in reality merely holograms of planes, not real ones). This is especially so regarding certain 'hot-button' topics, such as extreme ecological issues (*e.g.*, the Fukushima nuclear disaster of 2011), and the near total loss of U.S. election integrity, when such issues are addressed at all.

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Operation Mockingbird's Activities Continues

Keep in mind that the CIA's 'Operation Mockingbird' bribed/emplaced many hundreds (if not thousands) of personnel ('assets') in key news-media positions in the U.S. In their reporting, these persons reflected the CIA's talking points regarding certain matters, often with a strong sense of 'national security' swirling about it. Though technically closed in the 1970s, much evidence suggests its activities continue.

In 2014, German journalist Udo Ulfkotte, former director of the well-respected *Frankfurter Allgemeine Zeitung* German newspaper (like a German counterpart to *New York Times*) and author of the book *Gekaufte Journalisten* ('*Journalists for Hire*'), denounced European media personnel for writing lies *via* bribes and/or pressure from the CIA.

This has happened/continues to happen in the U.S. media—both "alternative" and mainstream news (*e.g.*, CNN, NBC, *etc.*) hire high-level ("ex-)" intelligence agency officials and high-ranking former military officers as 'consultants' whose utterances are broadcast to the public as expertly arrived at facts. However, many of these persons are inherently untrustworthy, especially since "ex-" intelligence agency officials use lying as their stock-in-trade. A related aspect is the organizational ethos of life-long obedience and service to the intelligence agency that originally hired them. There seems to be an insistence on total obedience to the employing agency at all times—extending even into supposed 'retirement' years (allegedly, life-long obedience is written into most CIA employment contracts).

Our primary social media apparently have been created and guided by financial organizations with strong U.S.-intelligence-agency ties.* One example: Facebook—co-founded in 1994 by Mark Zuckerburg—had, by 1996, literally received millions of dollars in start-up money from three organizations, each with clear links to the CIA *via* its technology-'venture-capital' branch, ***In-Q-Tel***. In the case of Facebook and other social media, there have been clear confluences of interests of both funders and fundees in the form of personal data accumulation and exploitation.

> **NOTE: Providers of start-up funding to an organization virtually *always* have great influence over the shape and direction that funded organization takes.**

In addition, the inherent nature of social media platforms and apps makes them literally, biologically addictive to their users.

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* [For details on the ties between social media and intelligence agencies, see: "Facebook's CIA Connections" by Jody Chudley, *St. Paul Research*; "CIA+NSA in the Origins of Google and Facebook: Part 1 and Part 2" by Nafeez Ahmad of *Insurge Intelligence*; and "Think-Tank Partnerships Establish Facebook as Tool of U.S. Foreign Policy" by Project Censored. Also see Appendix D: Resources/References: Societal Psyops, (*pp. 199–207*)]

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Online censorship

Independent information providers are increasingly either involuntarily 'deplatformed' (removed from their Internet publishing sites—such as Facebook or Wordpress), often without notice and/or their ability to fundraise is removed, often for no particular given reason given, or—at most—vague statements about spreading 'misinformation' (*a.k.a.*, 'fake news'). The reason given ('to counter fake news') is actually aimed at removing information deemed too upsetting to large multi-national financial interests and their control of the U.S. and much of the world.

Also, "shadow-banning" has become increasingly common, by which only the computer/ smartphone used by one who posts an objectionable post to a third-party website can show that comment; no other website-visiting devices can see the objectionable post.

Manipulated Search Results

Search results that link to the URLs of various independent information providers who run counter-to-'official' narratives of social reality have at times apparently been deliberately made less accessible to the general public or prevented from appearing in search results entirely. One means to accomplish this is *via* manipulating Internet search-engine results— particularly those *via* Google (see relevant links (previous page) for N. Ahmad's article on Google)—which are made to contain either near-zero relevant results or the relevant results are placed many pages further down from the first few pages of results, which is what most searchers confine their search to.

Additionally, violent, fear-ridden events—sometimes apparently with actual mass fatalities, sometimes apparently without—have been occurring with increasing regularity in the U.S. and elsewhere in the world. Often, witnesses' testimony conflicts with the official story as to what actually happened at the scene. The official story is repeated by today's thoroughly managed/controlled mainstream and pseudo-'alternative' news media. Most of this coverage gives the viewing public ever stronger fears of others having different qualities—such as different political beliefs, religions, physical characteristics (*e.g.*, skin color), gender, *etc.* These fears of others play right into the hands of those who effectively control MIFIC by their using tried-and-true 'divide-and-conquer' techniques adapted to the digital age. This pits various groups against each other more than they otherwise would be, and in ever-greater spirals of righteously indignant ***outrage***.

Local reporting of intelligence authorities is often done by the neighborhood residents themselves, using online platforms such as Nextdoor.com (which is backed by investment firms with known CIA ties (*e.g.*, Greylock Partners (*see p. 186*).)

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And lastly—(and not to be outdone)—**there appears to be a coordinated psychological campaign being waged against the public to get that public to normalize and accept (and, of course, *pay for*) their own oppressions, such as:**

- **Mandated, indefinite 'social distancing' and mask wearing (in spite of accumulating contrary evidence of mask-originating pathologies)**

- **Spying/surveillance methods and tools**

- **Neuroweapons**

- **EMF weapons**

- **Weaponized-against-the-public other 'exotic' technologies *via* special access projects (SAPs), with each project having highly compartmentalized research and deployment, *etc.* teams.**

- **Encouraging a "snitch" society (*a la*, 'See something? Say something!', Nextdoor.com, *etc.*)**

- **Engaging in a gradual psychological destruction of undesirable targeted individual *via* '*Zersetzung*' (German for 'decaying'), the techniques of which originated and fine-tuned in totalitarian East Germany from the 1950s–1989.**

These are actually being used—and have been used for years—*against* 'we the people,' which means even *you* could end up being targeted by one or more methods, if you haven't been already.

Ironically, as governments reinforce the threat of terror, people increasingly turn *to* their governments for protection—truly a 'protection racket,' if there ever was one.

Large, Long-Term, Secret Diversions of Federal (Public) Funds to Enable Much of the Above and More

(*a.k.a.*, 'Ongoing Thefts of Trillion$ of Public [Taxpayer] Funds for Advanced Weapons Research to Be Used Against Whomever Operators of Said Weapons Wish, and for Other—as Yet Unknown—Purposes')

Much funding of above issues has a simple yet hidden-in-plain-sight explanation.   Since the early '50s, massive amounts of Federal funds (*a.k.a.*, **public** *funds*) have been legally yet un*Constitution*ally diverted *via* the CIA.   This is due to the CIA's **legal ability** to request, receive, and give funds to or receive funds from *any* other governmental agency.   "*[A]ny other government agency is authorized to transfer to or receive from the [Central Intelligence] Agency such sums **without regard to any provisions**

of law limiting or prohibiting transfers between appropriations" [USC 50, Chap. 46, section 3506].   Also, in section 3510 of the same law: "*Sums made available to the "[Central Intelligence] Agency may be expended **without regard to the provisions of law and regulations relating to the expenditure of Government funds**" [USC 50, Chap. 46, section 3510]*.   The funds are given to organizations and persons working directly with or as contractors for or affiliated with the CIA.   It is estimated that approximately $900 million–$1 trillion per year is siphoned off from federal agencies' appropriations funding this way.

> **These funding diversions also ensure never-ending funding for weapons research, production, deployment, and operations.**

It is also legal, because it was written in *The CIA Act of 1949*, passed by a U.S. Congress in hysteria over alleged (by OSS-related persons/organizations) Soviet strengths and malign intentions.   These estimates often exaggerated Soviet strengths and threatening intentions, and much came from spy networks maintained by German Nazi S.S. Lieutenant-General Reinhard Gehlen, *uber*-spy turned Allied 'asset.'   The notoriously *in*accurate Lt.-Gen. Gehlen's networks were used by both U.S. and U.K. intelligence agencies to gather information about the USSR and its intentions.   (He possibly might have done sub-standard work at the request of his new employers, keep the money flowing in.   Lt.-Gen. Gehlen had initially been recruited by the OSS (the CIA's predecessor agency.   The OSS/CIA continued to work with Gehlen, maintaining and growing his network long *after* WWII had ended).

> **Falsification of intelligence was likely committed to enhance political and financial powers of not only U.S. intelligence agencies, but also of arms manufacturers, whom those agencies—in reality—assist in a kind of *symbiosis.***

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(**NOTE**: Prior editions of the US Code had other numbers for the statutes, including 50 USC 403j(a) and 50 USC 403j(b).)

Extreme Secrecy Cloaks Questionable Funding Diversions

Very few details of these diversions of government funds have been revealed, and even then only to the heads of the House/Senate Intelligence Committees. No details are ever revealed to others, not even to other members of Congress, let alone the general public.   This, however, is in direct contravention to Article 1, Section 9, Clause 7 of the *U.S. Constitution*, which clearly states:

> *"No money shall be drawn from the Treasury but in consequence of appropriations made by law; and a* ***regular*** *Statement and Account of the Receipts and Expenditures of all public money shall be published from time to time."* [emphasis added]

In fact, however, there have *never* been *any* "Statements and Accounts"—regular or otherwise—when it comes to the finances of the CIA since its creation by the U.S. Congress in 1947. Attempts to force even a limited disclosure *via* the courts have had no success, often due to the plaintiffs' "lack-of-standing" status, even when they are members of Congress.

In addition, it recently came to light that—over a span of decades—*$21 trillion* was "unaccounted for" by the U.S. Department of Housing and Urban Development (HUD) alone.

Also noteworthy is that—on Sept. 10, 2001—U.S. Secretary of Defense Donald Rumsfeld had held a major news conference, during which he confessed that $2.3 trillion was "missing" from the DoD's accounting processes. By a truly spectacular twist of fate, the very next day—September 11, 2001—an (alleged) American Airlines flight flying at almost top speed just happened to crash into that very area of the Pentagon then in use for auditing and investigating this very same accounting shortfall, destroying much of the evidence, as well as whatever knowledge of the situation had been held by the accountants who were killed by the crash.)

The various U.S. intelligence agencies report their budgetary aspects to several high-ranking members of the two Congressional Intelligence Committees.

At the very least, these two U.S. Code sections (USC 50, Chap. 46, sec.'s 3506 & 3510) definitely have—beginning around 1950—allowed these same agencies access to a 'deep-black budget' of literally many *trillions* of dollars over the decades. These *public* funds have been collected by the CIA from other federal agency budgets, then doled them out to all kinds of covert operations, especially weapons research-and-production sub-contractors.   Weapons currently include—but are definitely not limited to—EMF-based technologies. Diversion of

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the funds first involves Congress appropriating funding to the various federal agencies. Apparently, certain percentages of each agency are always available for immediate confiscation by the CIA, as described under the statutes listed above. The estimated total figures vary, while the real totals remain secret to all but a few key members of the Congressional Intelligence Committees. (Yet even these key members have information withheld even from *them*). The secret figures include the percentage of each agency's annual budget that *shall be* (not 'might be') available for CIA use, in spite of the fact that the amounts originally appropriated had instead been intended—by we the people, *via* our Congressional representatives—to be received and used by the agencies intended by legislation to receive those appropriations.

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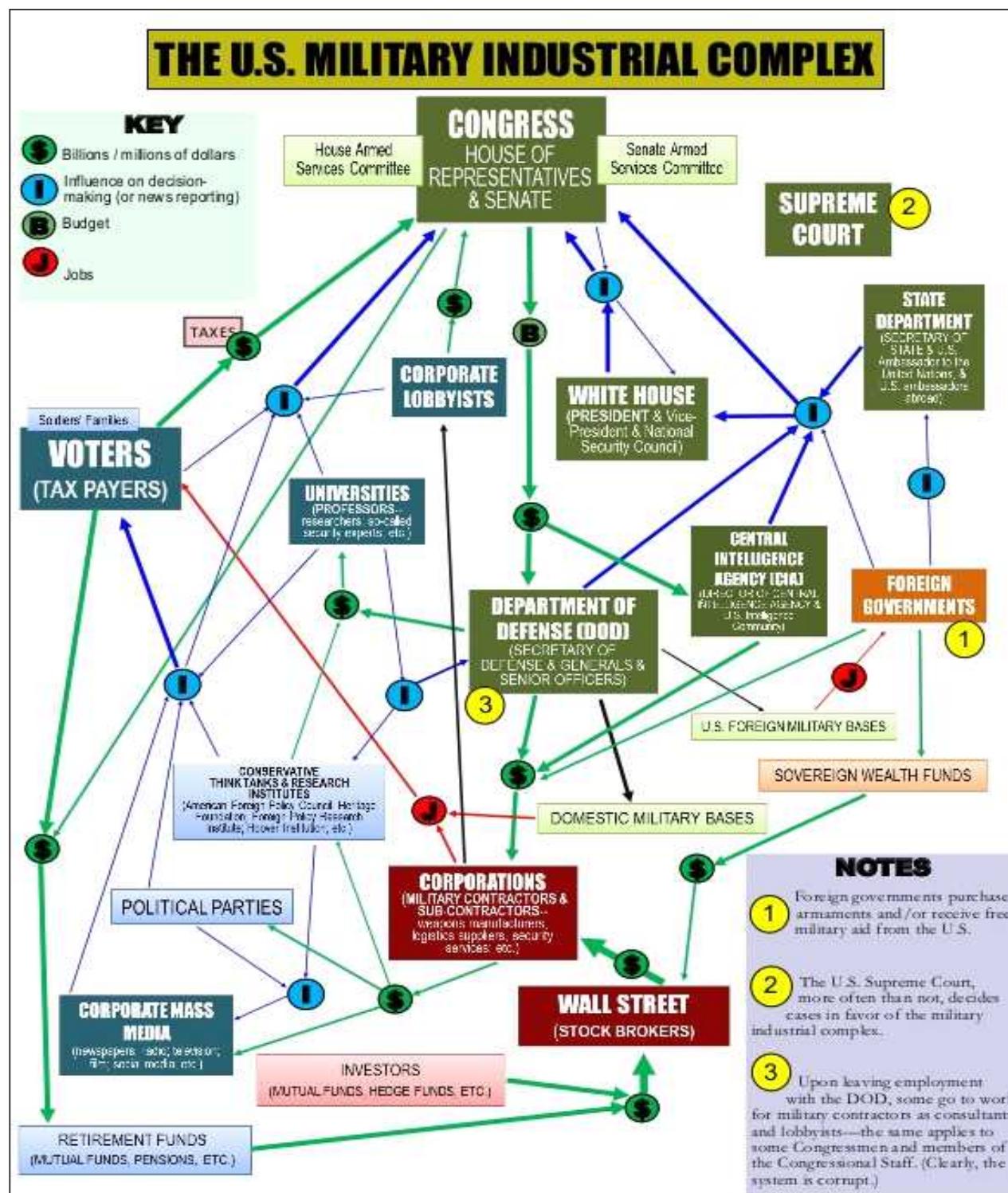
A Representation of the Classic 'Military-Industrial Complex,' in which the U.S. Public (as Taxpayers) Not Only Funds Its Own Oppression but also that of Other Peoples around the World. [The only change suggested would be to delete the word "Conservative" from "Conservative Think Tanks and Research Institutes", as the major allegedly 'liberal' think tanks (e.g., Institute for Policy Studies) are also heavily influenced or outright controlled by other organizations, such as the CIA.]

Putting It All Together

So, what's really going on?

As authors Clive and Picknett once wrote:

> "Humanity faces enormous problems, many of its own making. But precisely because we have decisions to make, we must not abdicate personal responsibility and hand over our autonomy, both individual and collective, to those whose strings are being pulled by the cynical puppet-masters of government, military, and intelligence-agency cabals."

As a society, we have—in effect—abdicated onto others **that which actually is our responsibility: <u>governing ourselves</u>**. The pseudo-democracy under which we've lived our lives, and its endless series of sham elections, is beneath contempt.

Many U.S. elections—from local to national—appear to have been stolen election year after election year. Election thefts continue to occur *via* hacking the machines recording votes and counting the ballots (*e.g.*, precinct-level computerized voting machines, and regional-level computerized 'ballot aggregators') *and/or* the municipal/state computerized voter-registration-database machines. Because of these, it appears that many persons have taken office in the U.S. *via* fraudulent means, created and implemented governmental policies, and appointed others of like mind/similar backing to other positions of power.

As incredible as it might might seem, much (though certainly not all) of our local-to-national government's legislation could be seen as legally non-binding, since their positions were created *via* fraudulent means committed against the public in the form of election thefts.

Every election must be based on all ballots being:

- Made of paper that is hand marked (or marked via special machines for the disabled)
- Ensured of secure-chain-of-custody throughout the entire ballot-counting process
- Multiple hand-countings
- Publicly observed at *every* stage of the election (including by video camera, if necessary)

Our Choice: Dystopia or Utopia?

From the new 5G telecommunications systems (including LEO/VLEO satellite mega-constellations) to the Internet of Things (IoT) to advanced technologies of mind-manipulation, we now increasingly live in a planetary panopticon—a global police state that literally will have real-time, absolute-control of the lives of many.

The 'Internet-of-Things' (IoT) real-time network of sensors, cameras, and microphones are installed in many 'smart' devices (*i.e.,* most newer television sets (and also as described in the novel *1984* by George Orwell)*.* **The apparent purpose of the IoT—besides 'consumer convenience'—is to basically to keep tabs on everyone, everywhere, all the time, the data being location, audio, video, and even one's body's properties, thus allowing precisely calibrated and direct targeting of pulsated EMFs into devices and into people.**

By 2022, 25,000+ low-earth-orbit (LEO) satellites (*e.g.*, Elon Musk's '*Starlink*' program) in mega-constellations are planned to have been created around Earth as part of the space-based sections of the IoT, which can be instantaneously linked up in real time from anywhere on Earth. Ultimately planned are up to 100,000 LEO/V(Very)LEO satellites in mega-constellations. (Only about 6,000 total satellites were in orbit in 2019.) The percentage of non-functioning constellation satellites does not need to be high to begin Kessler Syndrome effects.

And lastly, a major reason for the rapid and highly aggressive push to 'roll out' 5G telecommunications systems infrastructure as soon as possible is **money**. For example, there are literally *many trillions of dollars* in potential corporate revenue (*via* split-second trading operations conducted 'round the clock, 24/7, by various financial institutions trading in the international currency markets).

Challenging unjust laws regarding 5G and the IoT does not come without risks. It seems scary, at first, until we consider the alternative: the bigger loss will be in *not* securing and asserting our community and human rights to govern corporate behavior *locally* (at municipal, county, and state levels), so our communities do *not* become sacrifice zones and occupied resource colonies. Yet our *pre-s*elected local officials long ago surrendered our rights as community members in response to corporate lawyers' threats of lawsuits— and residents often are told "*nothing can be done*" regarding the capabilities and placements of cell installations, whether 5G or otherwise.

But consider what it will cost us, our communities, the natural environment, and future generations if we do *not* begin asserting our community and human rights *now* and *stop* persons and organizations from abusing them and us and doing irreparable and *inheritable* damage to us at the DNA level.

Our human rights—and our progeny's human rights—must *never* be forfeited.

Wind Result of Scenario A (Business-As-Usual):
Enslavement of Humanity and Devastation of Earth's Biosphere

By seeking power and control at all costs, organizations promoting business-as-usual (*i.e.*, the military/industrial/financial/intelligence complex (MIFIC)) increasingly not only degrade and poison our social conditions and physical bodies but also our entire planetary biosphere. Thus, everyone is personally negatively affected, individually and *en masse,* because we are—literally and physically, individually and collectively—part of this enormous multi-ecologic life-support system that we call "Earth."

As the basics of human survival (healthful air, water, food, *etc.*) are degraded and ultimately destroyed, they are gradually replaced (at profit-making prices, of course) by the same MIFIC that degraded the originals.

Just one example: the Nestlé Corporation has been buying up clean-water rights around the world (including within the United States), forbidding any others access to that water, and then selling that same water at a massive profit. Yet Nestlé itself is just one of many corporations doing this.

Civil rights—including those listed in the United States *Constitution*'s 'Bill of Rights'—are increasingly relics of the past, as MIFIC's goal of total control must—by necessity—include the gradual stripping away of virtually all civil rights of each member of society (except those of the ruling elite, of course). Mainland China's "social-credit system" is but a preview of what is in store for us if MIFIC's momentum in this direction is not stopped immediately.

If not stopped, regularly rigged "elections" will still reassure much of the population that—despite its obvious flaws—'the system still works.' If policy elites are not held unaccountable to that public for their actions, and the public has been emotionally manipulated to support these elites, we can assume that these elites will certainly abuse their positions in pursuit of their agendas.

If the relentless damage to the biosphere continues, human society will become increasingly *via*ble only in those places that can support it, places—not coincidentally—that will be totally controlled by the MIFIC.

For the non-elite, life will become increasingly technology-dependent—including in-body technologies (look up "trans-humanism")—and many made 'nasty, brutal, and short,' until perhaps a violent rebellion or natural catastrophe (*e.g.*, an asteroid strike? a solar super-flare?) finally shatters it. But even in that kind of scenario, what would end up taking the MIFIC's place, and in what kind of hellish world would it be established?

Questions, Questions…

A few important questions (out of many more) regarding the above issues and our present situation are:

- **"Which individuals and organizations are ultimately behind the targeting of particular individuals, group, or population?"**

- **"How can we learn to understand disempowerment of citizens, and**

- **"How can we change society to one in which such weapons are not developed, let alone be targeted at non-consensual subjects, and other indications of a healthful society?"**

- **"How can we healthfully transform society now, while living within an already neuro-weaponized, panopticon/total-control-oriented state?"**

Good questions.

Scenario B: From Dystopia to Paradise: 'Evolving Wings' via Neighborhood Gifting Groups (NGGs) and Neighborhood Councils-Precinct Assemblies (NC-PAs)

> **Co-create deep economics and deep democracy via Neighborhood Gifting Groups (NGGs) and NC-PAs. Together, these can replace much of the current oppressive MIFIC systems with ones that can manifest a renaissance of harmony between humans-humans and humans-nature.**

A different scenario begins about when 'Scenario A: Business-as-Usual' hits mid-stride (*i.e.,* where we are today). Starting many 'Neighborhood Gifting Groups' (NGGs) during any (temporary) lifting of pandemic lockdowns will bring much needed resources to those who are struggling. It will also enable essential trust-based-on-demonstrated trustworthiness to be co-created, which brings people together who *eventually* can form NC-PA core groups.

The communities that survive or even thrive in the coming decades will be those that successfully resist 5G-as-EMF (+6G, *etc., etc.*) installation **totally**, even to the point of taking on lawsuits due to not conforming with USC 47 Section 332. Section 332 (7)(B)(iv) states: "No State or local government… may regulate the placement, construction, and modification of personal wireless service facilities on the basis of the **environmental effects** [*"environmental effects"—as allegedly defined by the courts—**include any human-health effects beyond body temperature increase**]* of EMF emissions to the extent that such facilities comply with the Commission's regulations about such emissions."

Desperation Is the Mother of Invention (yet also Fear)

Toxic conditions—physical and non-physical—cause many into ever more desperate searches for healthful paths. But, while true that 'desperation is the mother of invention,' **it also too often triggers** *fear* **and a lessened discernment of** genuinely healthful paths from MIFIC-originated (and thus MIFIC-manipulated) pseudo-healthful paths. *Discernment in this area is essential.*

Establish Deep Democracies in Multiple Locations Simultaneously

> **The simultaneous establishment of multiple self-replicating NC-PA (or similar) local-based political systems is still possible, even in these tumultuous times and even with the inevitable attempts by outside interests to infiltrate, hijack, and twist them into caricatures of their former selves.** This is why establishing such systems as soon as possible is *crucial* to co-creating genuinely healing potential futures than could ever be possible under any MIFIC management.

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Start *Here*, Start *Now*

Such positive futures can be created within the nation's voting precincts, our most basic indivisible unit of every election district, no matter its size (see Chapter II: Pillar 2: The Voting Precinct (*pp. 55–59*)). Precincts' boundaries have already been mapped by each county in the U.S., so determining one's voting precinct and the area within it is easy to do.

The Neighborhood Councils (NCs)

After becoming familiar with one's voting precinct, the next step is to gather regularly with residents of the same voting precinct in small, trust-based-on- trustworthiness groups called *Neighborhood Councils* (NCs). Similar to affinity groups Since the members share basic values), multiple NCs meet in each voting precinct. To the greatest extent possible, and following basic guidelines, the NCs finally allow full expression of citizens in an atmosphere of genuine mutual trust and respect (see 'Pillar 3: The Neighborhood Council' (*pp. 61–64*)).

Local NCs form a socio-political 'heart' that starts healing our 'body politic.' Such a healthy 'heart' requires that all NC members be able to genuinely, freely *trust* each other, and that can only form when it is based on *demonstrated trustworthiness as each member defines that term*. (For ore information on establishing trust and trustworthiness, see 'Pillar 6: Mutual Trust-*via*-Trustworthiness in the Neighborhood Councils (NCs)' (*pp. 71–77*).)

An NC is an informal forum where one can give voice to any issue or concern—local, precinct-wide, and/or beyond. Consensus decisionmaking should be used to decide. If a super-majority of the NC (at least 2/3) desires it, issues can be brought up for review by the next tier of the NC-PA system, the *Precinct Assembly* (PA).

The PA-delegate-per-NC-members ratio is 1 PA delegate per 5 NC members (so 1 PA delegate for that group's first 2-5 NC members; 2 PA delegates for 6-10 NC members; 3 PA delegates for 11-15 NC members; and so on).

NCs with 20 or more members should fission into two separate NCs, since an NC with more than 20 members is often less efficient and less able to create trust-based bonds. Such a fission is a healthy event, as NC replication contributes to spreading the overall NC-PA system over ever larger areas.

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The Precinct Assembly (PA) and Research Committees

A Precinct Assembly (PA) is composed of its voting-precinct NCs' delegates and as many of its NCs' members as can attend, assembling somewhere in that voting-precinct. The NCs' delegates present their NC's issues for PA deliberation, have instant back-and-forth consultations with their NC's members present (and longer-term consultations at their next NC meeting), *etc.*. Thru this 'ascending and descending democracy' (*also see MST (pp. 10–11)*), decisions are made for actions regarding the NC's issues.

The PAs act as the 'head' and 'arms' of our body politic.' Within the PAs, the NCs' concerns are resolved and its wants satisfied *via* sending deliberation status reports (*e.g.*, obstacles to decisionmaking, tentative decisions reached, *etc.*) back to the originating NC's members for agreement or further revision. Also, **PA research committees** can investigate the issue(s) and report their results back to the PA. Research committees can map out possible decisions that the NC make, plus brain-storm advantages and disadvantages of each decision. A research committee's preliminary outline is given to a larger group only as an *initial* framework for the deliberations from which the final decision will be made.
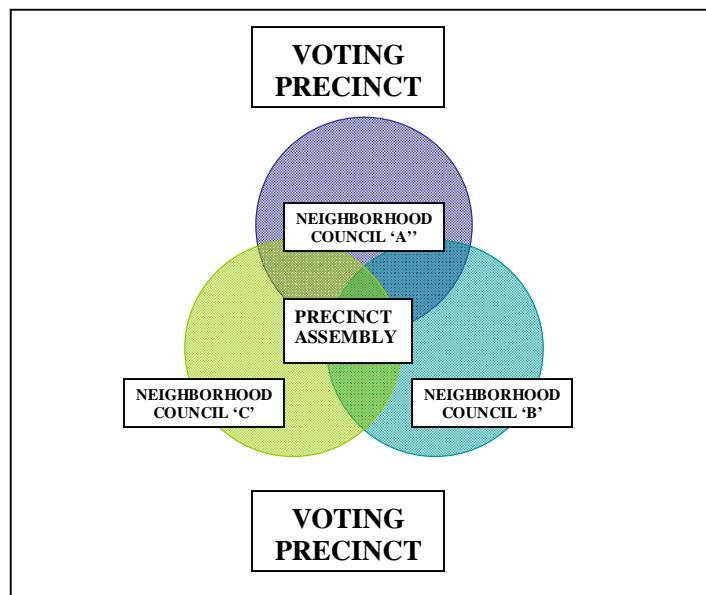
Schematic of a voting precinct's co-creation of a grassroots, deep democracy-based
"Neighborhood Councils – Precinct Assembly"—(NC-PA) style of self-government

Networked NC-PAs

Individually, each NC-PA is always decentralized in its governance. (The only exception to this decentralization would be if there is unanimous or near-unanimous consent by all members for another system of governance. Yet, even in that eventuality, the new system must have a clearly predefined lifetime and 'sunset' provision, at which time the new system is put up for review for possible changes or revocation.)

By working together *via* a delegates system, the NC-PAs within the various voting precincts in any given election district eventually can connect through intra-NC-PA activities, such as co-operative projects of mutual interest or concern.

Ultimately, networked NC-PAs—with or without similar grassroots groups—can create and implement activities at county, state, and national levels that can guide policies and subsequent actions by the governments of those levels, These can then generate results and solutions that had not been perceived before. The possibilities are virtually endless....

Chapter II: The Nine Pillars of NC-PA

PILLAR SUMMARIES

1) Aware, Caring Citizens (*p. 53*)

At their root, NC-PAs are composed of aware, caring citizens healthfully practicing self-governance—as both sovereign individuals and interdependent members of a society. Such citizens are the ultimate source of the NC-PAs' powers and must be able to think and speak as freely as they see fit regarding any issue, so long as genuinely done with the good of the group and surrounding populations in mind.

2) The Voting Precinct (*p. 55*)

Current voting precincts are already-mapped out geographic areas containing from 500 to 5,000 or more registered voters. These **voting precincts become the nuclei for the intelligent, living, 'socio-political cells'** that NC-PAs awaken in our society's 'body politic,' and are able to work in concert together to co-create 'network governance' (see 'Pillar 9 NC-PAs Working in Concert Together (Network Governance)' (*pp. 97–98*)).

3) The Neighborhood Council (NC) (*p. 61*)

Neighborhood Councils (NCs) are small, trust-based-on-mutual-trustworthiness, affinity-like groups within a precinct. NCs are composed of voting-eligible residents for municipal/local governmental elections. NC members share common outlooks and meet two or more times a month. Over time, NCs provide their participants with an ever-deepening sense of community and trust. Using participatory, heart-felt deliberation and decisionmaking processes, NCs send delegates (**not** representatives *(see pp. 65–66)*) to the larger, in-precinct 'Precinct Assembly' (PA) to address its NC members' concerns, issues, questions, suggestions, *etc.* and determine and take actions to address these. The NC-delegate formula is 1 delegate per 5 NC members.

4) The Precinct Assembly (PA) (*p. 65*)

The Precinct Assembly (PA) meets monthly within its voting precinct and is composed of NC delegates, with non-delegate NC members also playing key roles. The PA uses more formal participatory deliberation and decision-making processes in order to set (tentatively, at first) their NC-PA's goals, policies, actions, and other NC-PA-related decisions. The NC delegates then reflect these tentative decisions back to their NCs' members (**who—as much as possible—also attend the PA**) for instructions regarding further action or inaction to be taken regarding them. If disagreement prevents consensus or super-majority rule (*e.g.*, 85% or greater in favor), the issues involved are taken up by PA research committees formed to:

    (a) Gather further information on the issue.
    (b) Report their findings back to the PA.
    (c) Suggest steps to take that will encourage mutual agreement on the issue.

5) Mutual Respect between NC-PA Participants (*p. 71*)

A basic mutual respect between participants is essential for a group's long-term, smooth functioning. To solve the formidable problems we face today, such respect must endure even profound disagreement with what another member might say at any given moment. This can be done by—as much as possible—perceiving and respecting others as fellow human beings, not as the embodiments of the other's opinions. If such respect is temporarily impossible, Dynamic Facilitation should be used (*see pp. 95, 145–6*).

6) Mutual Trust-via-Trustworthiness in the Neighborhood Councils (NCs) (*p. 73*)

When people trust each other *via* perceived basic trustworthiness, social bonds grow strong and a group's ability to co-create a shared destiny greatly enhanced. Although such trustworthiness is usually established over time, certain situations can accelerate it (*e.g.*, trust-deepening exercises, struggling together through adverse circumstances, *etc.*). For an NC-PA's long-term health, persons undermining this trust-through-trustworthiness process (*e.g.*, mentally unstable individuals, psychopaths, disruptors/provocateurs) should be actively disallowed as much as possible.

7) Healthful* Deliberation and Decisionmaking (*p. 79*)

Depending on the situation and group (*i.e.*, NC or PA), various group processes can be used in a 'tool-box' manner. These include consensus decisionmaking, super-majority rule, 'choice-creating' (*a.k.a.*, 'Dynamic Facilitation' (*see pp. 91, 145-146, & 148*), *etc).* The process used depends on: (a) the unique qualities of the issue at hand, and (b) the group's acceptance of the process. **The general idea is to pool members' views on the issue, as well as equally distribute decision-making powers to eligible voting-precinct NC-PA members.** This creates more satisfying and enduring resolutions to the issues that are brought up.

8) Rapid Replication of NC-PAs Across the Nation (*p. 97*)

Rapid replication of NC-PAs (and other deep-democracy systems) in one's region—eventually the nation—is essential to solving our current challenges, since we *must* cooperate to overcome them, yet don't have much time to do so. To help overcome this, NC-PA are charged to proliferate as rapidly as possible within local and regional election districts (*e.g.*, those of city and county commissioners, state representatives, state senators, *etc.*). **This is a centerpiece of every NC-PA's mission.**

9) NC-PAs Working in Concert Together (Network Governance) (*p. 99*)

As they multiply, NC-PAs in any election district: local, regional, or national—can act together on diverse issues *via* delegates within ever larger geographic areas, each composed of NC-PAs. In this way, **a network governance of 'we the people' will naturally begin to take shape.** As much as humanly possible, however, actions taken by NC-PAs at every level should be *non*-violent (*see p. 70*).

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* "Healthful" meaning both (a) mutually empowering and (b) free of manipulation by any person or group with harmful ulterior intentions regarding an NC-PA or the NC-PA system in general.

Pillar 1: Aware, Caring Citizens

Pillar 1 consists of aware, caring citizens who are able to practice self-governance, both as sovereign individuals as well as interdependent members of a society, and are the ultimate roots of every NC-PA: 'we-the-people,' the ultimate source of genuinely democratic power. If you're reading this, your personal qualities likely include:

  (a) Genuinely caring for the well being of—not only yourself and family/friends—but also your community, your immediate natural environment, your society, humanity as a whole, and our Earth's biosphere.

  (b) Becoming increasingly aware of the often profound differences between what has *actually* happened in the past—recent and distant, locally, regionally, nationally, internationally—versus what is *alleged* to have happened by various authorities, whether these authorities be 'mainstream' or 'alternative.'

  (c) Increasingly able to think and speak freely as you see fit in regards to an issue.

Here are some questions for you:

  1) Do you passionately care about the well being of others, of Nature, of humanity (even if all now seems hopeless), yet also *not* feel truly free to share this caring and its effects with others?

  2) Are you increasingly aware that various social, political, or economic forces have been impacting your life—for good or for ill—for a long time, even though you might not be able to identify exactly what these forces are?

  3) Do you feel shame when you see your country and society acting in unhealthy, inhumane, and unethical directions, both domestically and internationally, and want to change things for the better, but just don't know how to do that?

  4) Do you keenly want to know more about what has actually happened/is happening at local, regional, national, and international levels, both in the past and the present, even if what is uncovered conflicts with the many claims of both 'mainstream' and 'alternative' media sources?

  5) Do you have a determined attitude to find a solution to a problem or challenge, even if a solution seems (at first) unreachable?

If you find yourself answering "yes" to two or more of the above qualities, you'll most likely bring much needed awareness, perspectives, energy, and resilience in any NC-PA you're part of—and also find others like yourself.

Also, having a determined attitude to do one's best to help find a solution—even if a solution at first seems unreachable—will definitely boost your NC-PA's health and creativity. Over time, such an attitude can be learned and strengthened.

Pillar 2: The Voting Precinct

Most countries' elections—whether local, state, or national—are within election districts that are composed of smaller, indivisible districts. In the U.S., these are 'voting precincts.'

Citizens of any U.S. voting precinct can create an NC-PA and so become a local space in which to gather, practice self-government, and—by practicing co-governance with adjoining NC-PA-active voting precincts—help change the basic policies created by the various governments of which those precincts are parts. This can be done by first realizing that voting precincts are *the* most basic, irreducible building block of *all* election-district that exist—such as for town/city councilmembers, county commissioners, state legislators, *etc.*—from the local through national levels). Although voting precincts have not yet been used in this way, at least one historical example exists: the 'ward-republics' system as proposed by Thomas Jefferson of the United States in the early 19th century.

Jefferson's Ultimate Ideal of Self-Government: "Ward Republics"
In July 1816, Thomas Jefferson, author of the *Declaration of Independence,* U.S. Revolutionary War hero, Secretary of State, and third U.S. President—wrote a friend:
   "We should thus marshal our government into:
   1) The general Federal Republic for all concerns foreign and federal
   2) That of the State for what relates to our own citizens exclusively
   3) The County Republics for the duties and concerns of the County
   4) The Ward Republics for the small but numerous and interesting concerns of the neighborhood."

In the same letter, he also wrote: "(T)he whole is cemented by giving to every citizen, personally, a part in the administration of public affairs."

Jefferson's "ward republics" idea—subdividing counties into 100 locally-self-governing districts—was high on his 'to-do' list. By this time, though, Jefferson had retired from holding office, and—even as a 'founding father'—he no longer had the political clout to convince enough legislators to establish them. When Jefferson finally had a 'wards' bill introduced for him as a children's education bill in 1817 in the Virginia House of Delegates, it failed—by a large margin—in favor of another bill that provided for the education of poor children in a way that did *not* involve giving away representatives' power, as Jefferson's 'wards' bill ultimately would have done had it passed. Jefferson's 'wards' bill would have allowed all eligible voters in each ward to take part in choosing and deciding all sorts of things, such as where the school-house would be located, the teacher's choice process, the salary range, *etc.*, which would have been a 'foot in the door' toward direct democracy at the wards level. But most Virginia legislators had long been dependent on the powers, pork, and perks conferred on them of the by-then long-established, representative-style legislative systems   (pre-dating   the   American   Revolution   by   centuries.)

Voting-Precincts Can Become "Ward-like Republics" via NC-PAs

Voting precincts can come close to Jefferson's "ward-republics" ideal. The voting precinct is key, since it is *the* most basic political 'building block' of which every election district is built. Using these as its base, widespread organized movements can grow through various forms of mutually healthful decentralism, in which practical political power is dispersed to 'we the people.' **Now is the time when voting precincts can discover how to govern themselves using group decisionmaking techniques both old and new.**

Because the voting precinct is our most basic geographical election unit, its voting-eligible residents can more easily gain on-the-ground traction for positive social changes. Such traction can result when voting-precinct residents co-create deeply democratic, mini-republic-like groups using healthful* deliberation and decisionmaking techniques. They can determine what their actual needs are, as well as how to meet them, and wielding significant collective voting power over their elected government officials to (at least partly) meet those needs. Assuming that these groups stay healthy, they beneficially and transformatively affect both those living in the voting precinct and those outside it.

In fact, the voting-precinct-based NC-PA system of self-governance fulfills many functions of Jefferson's "ward republics." Each NC-PA is based on forums in which any member of a voting-precinct's voting-eligible population can genuinely participate in deeply democratic group processes and work effectively together on issues of mutual concern.

Precinct Political Power Unaffected by Geographic Size

In terms of political power, the geographic size of a voting precinct does not matter in the NC-PA system of self governance. For example, although rural voting precincts are geographically much larger than urban ones, they share basic population-based political voting power during multi-NC-PA assemblies held within election districts (such as that of a county commissioner, for example).

Basic Voting Precinct Information

- There are over 200,000 voting precincts in the United States.
- Each voting precinct in the United States is now fully mapped in great detail by each county and state elections division. Also, the names and contact information of those registered to vote in it are also usually available for a nominal fee.
- In terms of geographic land area, voting precincts vary greatly in physical size, as the geographic size is determined mostly by their population density.
- In terms of number of registered voters, voting precincts contain from between 500 to 5,000 or so. (At the very least, a precinct will be home to that many registered voters and voting-eligible residents.)

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* "Healthful" meaning both (a) mutually empowering and (b) free of manipulation by any person or group with harmful ulterior intentions regarding an NC-PA or the NC-PA system in general.

On the following pages are: (a) aerial and mapped views of a typical U.S. voting precinct; (b) a county-wide view with voting-precinct boundaries within a typical county, and (c) another county-wide view, with legislative district boundaries overlaid.
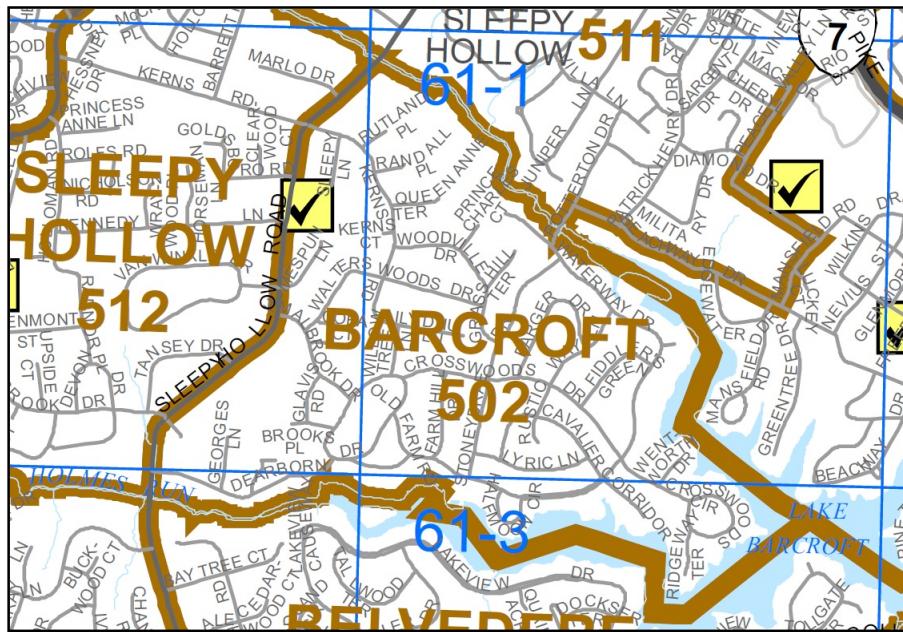

(a) "BARCROFT 502"– A Typical Suburban Voting Precinct,
Mapped *(above)* **and Aerial** *(below)* **Views**
(checkmarks indicate polling station locations)
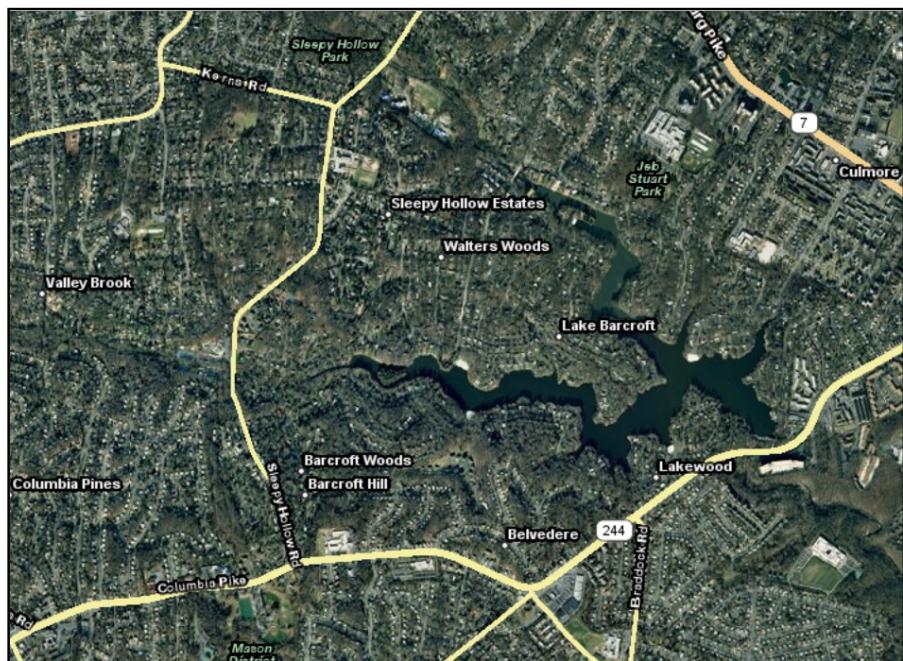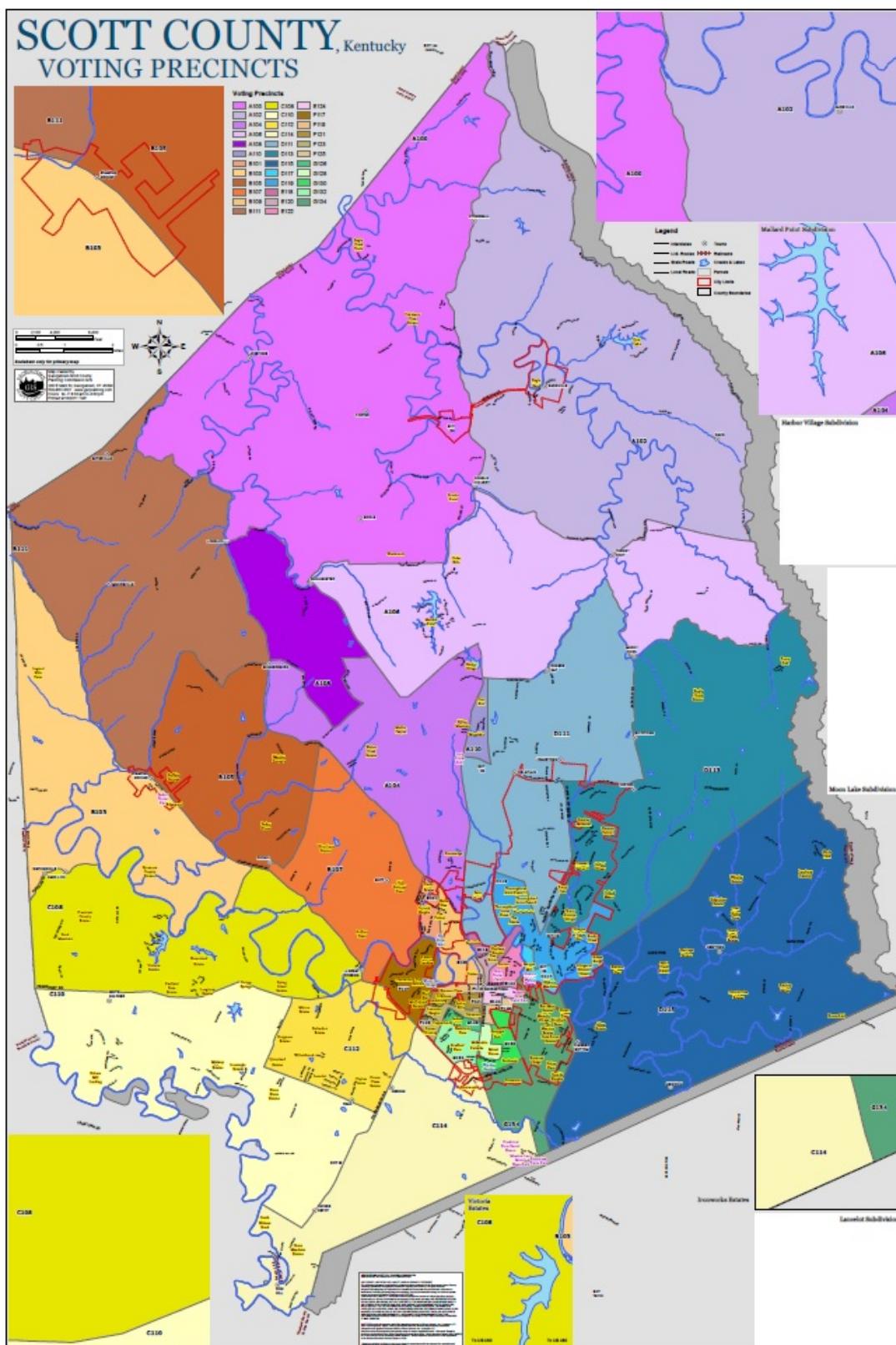
(b) A typical rural county's voting precincts
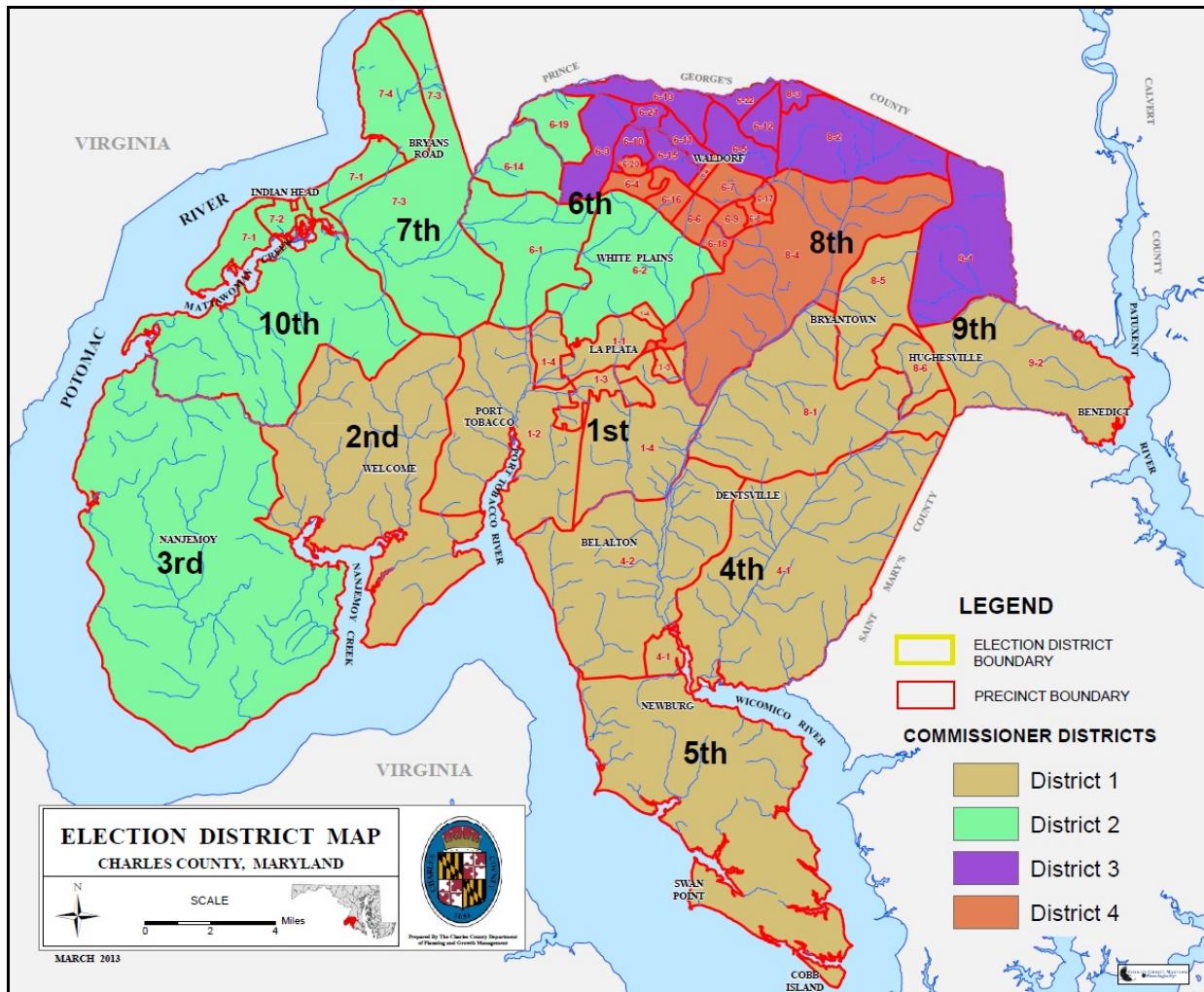
(c) A typical county's voting precincts, with county-commissioner-district boundaries' overlaid.

<u>Pillar 3</u>: <u>The Neighborhood Council (NC)</u>

<u>**PLEASE NOTE**</u>:
When considering forming an NC, first become familiar with the basics of "security culture," or the means by which a group can protect itself against unwanted surveillance and/or disruptive measures taken by other organizations that seek to hijack, cripple, distort, or destroy groups that are perceived as potential threats to 'business as usual.' (More on this subject can be found in "Chapter III: Starting One or More NC-PAs in Your Own Area' (*pp. 101–105*).)

Neighborhood Council (NC) Features

NCs meet twice or more a month in their neighborhood/area, which can be anyplace from an apartment building to large rural tracts, depending on the local population density.

Neighborhood Councils (NCs) are self-selected groups based on mutual interests, and trust that is based on perceived demonstrated trustworthiness. They can have from 2–20 voting-eligible residents within any voting precinct as members. (NCs with over 20 members really should divide into two or more NCs, both to maintain the sense of it being a 'safe space' in which to bring up issues, and also to further spread the NC-PA-system, all of which fuels a strong sense of local identity and resilience in a society.)

Neighborhood Councils (NCs) are the 'hearts' of an NC-PA, because the large degree of the mutual-trust-based-on-trustworthiness between members. Such mutual trust, while not always easy, inevitably allows for deeper exploration of members' heartfelt issues, interests, and concerns, plus what might be done about them. NCs facilitate our respect for our own and others' unique qualities and abilities, as well as our healthfully interacting with each other. Ultimately, this interaction also helps transform the surrounding society in diverse, beautiful, and healthful ways.

Because of this interaction, members can express themselves from deeper-than-usual levels, which can actually be therapeutic to the extent that members are psychologically healthy. They finally can express their true feelings on issues—feelings perhaps long unverbalized—to others whom they genuinely trust. Simple verbal expression of one's hopes and fears with others we trust is vitally important because:
> (a) it has a mutually healing effect; and
> (b) when we can admit them to each other, we become able to consciously admit them to *ourselves*, and that can lead to better physical and psychological health.

Today, however, to successfully trust like this with lessened chances of unwanted surveillance, each NC meeting location can be 'swept'—to each NC member's satisfaction—with a specialized meter ('bug detector') that can sense small wireless audio-/video-transmitting devices (*a.k.a.*, 'bugs').

All participants must be required to leave at home all smart devices—phones, computers, tablets, even exercise devices, *etc.* For those who do bring them, they should place them in a host-provided, grounded Faraday container/bag in an outer room. This reduces chances of eavesdropping by third parties. As distasteful as doing these things might seem, they can actually help lift the oppressive burden of being constantly spied upon in these 'Internet-of-Things' days, and help to open otherwise reluctant-to-express-themselves members.

All participants need to agree to some basic group-process agreements—seven are listed below—which deal with members' interactions with each other and the group. If there is disagreement with one or more of these, they can be changed by unanimous consent.

Seven Agreements to Keep a Neighborhood Council Healthy

*(Before starting an NC meeting, be sure that all agree to either these meeting process guidelines (or others with similar effects), and then post them on the wall so that **all** can read them.)*

1) **To be heard without interruption, use a 'speaking object'** (*e.g.*, a 'talking stick' or rock or some object available to all participants). **Whoever holds the speaking object has the floor and the right to speak** *without interruption* **until that object is either (a) passed on to another, or (b) placed back to the center of the group for another to take.**

2) **Express mutual respect for other participants, even if one disagrees with what another says.**

3) ***Truly listen* to what is being said by other participants. Write down ideas and/or questions as they arise for use later, while continuing to listen.**

4) **Identify at least *some* truth or common ground in whatever is being said.**

5) **If deeply disagreeing with the group's direction on an issue, speak up to voice that opposition, state the reasons for it, and offer one or more alternatives.**

6) **Step in as needed to maintain healthy group interaction. If something feels wrong with how what is happening in the group, and the facilitator is not addressing it, say/do something to *respectfully* bring attention to that issue.**

7) **Confidentiality: Unless otherwise agreed to, *what is said in the meeting stays there.***

The NC members should then co-create an 'action plan' to determine how they'll be structured, what issues need addressing, how to address them, *etc.* (See Appendix D: Resources/References: Group Processes: Group Exercises: 4 Easy Steps to Creating Your Action Plan (*pp.140–144*).

Neighborhood Council (NC) Membership Requirements

Membership in a Neighborhood Council (NC) should only be held by those who:

(a) Are 'natural persons' (in other words, members must be biologically living, breathing people, not corporations or any other 'legal fictions').

(b) Have physically resided within the boundaries of the voting precinct for at least six months (this decreases the initial risk of outside manipulation)**.**

(c) Be U.S. citizens old enough to vote in elections.

Functions of a Neighborhood Council

Neighborhood Councils (NCs) can also be likened to a tree's roots, which in this case nourish the voting precinct's NC-PA. Perhaps even more accurately, NCs can also be seen like the energy-producing mitochondria living within our body's cells. In that analogy, voting-precincts are like the individual 'cells' composing our 'body politic,' Like the mitochondria that are critical to the energy supply and health of each cell of every body, the actions of the NCs are likewise critical to the health of every NC-PA.

How?   Believe it or not, humans' ability to meet face-to-face in circles—especially in small trust-based groups—to discuss issues of concern, decide on actions to take, and co-operate in taking them is one of our evolutionary hallmarks as a species. This ability is why virtually every one of us—with a just a little experience—can take part in genuine, local-area-based self-governance. It just comes naturally.

Ideally, an NC's participants should be within a few minutes walking distance of each other, though that is definitely not required, as long as all reside within the boundaries of the same voting precinct.   Rural districts' residents will likely need to use some form of transportation to get to meetings (a car, ride-share, Uber/Lyft, horse, bike, *etc*).

One of the most important duties of an NC is to select *delegates* who then present the NC's issues/concerns to the Precinct Assembly (PA) and deliberate them there, referring frequently to their fellow NC members. These NC delegates *must* uphold their NC's stated instructions.   This is opposed to selecting *representatives*, who can (and often do) act according to their own wishes instead of following constituents' instructions or even seeking their approval (*see pp. 65–66 regarding the delegates-vs.-representatives issue*).

The NC member/PA delegate ratio is one (1) NC delegate per five (5) NC members per to the PA (unless the NC contains 2–4 members, in which case it will have one PA delegate).

Decision to Be Made in a Neighborhood Council

(For NC decisionmaking, see 'Pillar 7: Healthful Deliberation and Decisionmaking' (pp. 79–96).) An NC's decisionmaking is mostly on which issues/concerns/questions its PA delegate(s) will describe to the Precinct Assembly (PA) *via* their NC's 'action plan' (see Appendix D: Resources/References: 4 Easy Steps for Creating Your Action Plan' (*pp.140–144*)).

Individual NC's don't make precinct-wide NC-PA decisions, but each plays a major role in such decisions during the 'back-&-forth' process between the NC's members and their PA delegate(s). (For more PA information, see 'Pillar 4: The Precinct Assembly' (*pp. 65–70*).)

All non-delegate members of each NC are also encouraged to attend the PA meetings in person to better perceive what's actually going on and be immediately available for instant back-and-forth feedback *via* their delegates. (If it's impossible for all other members to attend the PA, those who cannot can at least be briefed by their delegates during the regular NC meetings on the status of issues deliberated and help decide the delegates' subsequent actions at the next PA.)

Non-delegate NC members can thus give rapid feedback to any issue through their PA delegate(s), allowing the PA to make decisions much more quickly.

Of course, individual NCs also frequently make other decisions on various 'housekeeping' items, such as when and where to meet, as well as precisely how the NC's delegate(s) to the Precinct Assembly are to be chosen.

If an NC delegate—for whatever reason—cannot or will not attend a PA (*e.g.*, family emergency, refusal to attend, *etc.*), that delegate's NC—using a pre-approved-by-its-members-selection process—chooses from among its members a new NC delegate to replace the first one, at least for that particular PA session.

NC's in the "Lockdown Era"

> <mark>NOTE:</mark>   *If government-mandated meeting/gathering restrictions are in place in your area*, and an NC has more than the maximum persons allowed at a gathering at one time, **an NC can still be held** *via* holding *multiple smaller* NC gatherings *at different locations*. Each of these smaller NC gatherings consists of no more than the mandated maximum number of attendees, and each is connected by messengers, who pickup and deliver issue-status reports, tentative decisions made, agenda work yet to be done, *etc.* to the other small NC gatherings.
>
> This allows all NC participants to know what all the smaller NC gatherings are working on and be kept informed of the overall status of each NC agenda item. Under such circumstances, NC participants are encouraged to attend a different smaller NC gathering each time an NC meeting is scheduled, to increase cross-fertilization of ideas, solutions, *etc.*

Pillar 4: The Precinct Assembly (PA)

From across the voting-precinct, Neighborhood Councils (NCs) choose and send their delegates (*not* representatives—see below) to the monthly **Precinct Assembly (PA)**.

Technocracy Rising

We have been led to the false belief that because our technological and economic realms have become so (often unnecessarily) complicated, that we cannot possibly be expected to govern ourselves reasonably. Therefore, a kind of 'technocratic elite'—the people with the knowledge of how things and systems *are supposed* to work—should operate government *via* our elected representatives. The trouble with such a belief is that it gives these 'technocrats' far too much political, economic, and physical power, since they—not 'we the people'— would (ultimately) be in charge of governments, their policies, and their actions. "Power tends to corrupt,' as Lord Acton put it, especially when trillions of dollars and godlike technological abilities are at the fingertips of some to do whatever they wish to with them.

How a Precinct Assembly (PA) Works

The larger, precinct-wide Precinct Assembly (PA) meets less frequently (*e.g.*, monthly) than do the NCs. A PA consists of (a) delegates from the Neighborhood Councils (NCs) within the PA's voting-precinct and (b) as many members of these NCs as can attend. PAs use more structured-yet-healthful* deliberation and decision-making techniques than do the NCs (see 'Pillar 7: Healthful Deliberation and Decision-making Processes' (*pp. 79–96*)).

'Delegate' vs. 'Representative'
Knowing the difference between the roles of delegates and representatives is key to understanding one of the foundations of the NC-PA system. The powers of NC *delegates* at a PA are much more limited than would be those of *representatives*.

- **Representatives receive too much power with too little oversight from their (alleged) constituents**. Unlike delegates, representatives (whose role should never exist in any NC-PA (or variant) system of self-governance) are persons who have been selected by a (usually geographically based) constituency, ostensibly to represent that constituency's genuine interests. Throughout history, however, representatives have virtually always either started by way of—or ended up forming part of—the pre-existing, economically based power structure. As described by Susan Clark (and Woden Teachout) in their landmark book on community-decision-making, *Slow Democracy* (2012), "(T)he higher the rung on the legislative ladder, the more the power structure favors big business over individual or community concerns" (57).

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* "Healthful" meaning both (a) mutually empowering and (b) free of manipulation by any person or group with harmful ulterior intentions regarding an NC-PA or the NC-PA system in general.

- **Representatives create 'democratic' government policy on their own, without their district's voters' prior approval** (the occasional symbolic "town-hall meeting" notwithstanding).
- **The longer representatives are in office, the easier it is to 'game' the system** for personal and/or moneyed/powerful interests, and the more likely their voting behavior will be manipulated *via* bribes, blackmail, and threats.

Such 'loose-cannon' activities on the part of representatives will always be unacceptable to genuine grass-roots-based democracy such as the NC-PA system, particularly since representatives too often go against a majority of their own constituents' opinion.

Delegates, however, can *only* follow their constituency's specific instructions. Thus, NC delegates to a PA can *only* follow their own NCs' instructions. The reason for this restriction is that a delegate diverging from those instructions would (by definition) not be a 'delegate' but a 'representative,' thus enabling some form of abuse, corruption, or tyranny.

In the U.S., it's believed that *representative*-based democracy is *real* 'democracy,' and using a *delegate*-based system instead is 'too impractical' (addressed further below).

Practicality of a Delegates-based System

Wisely used, a delegate-based legislative system *can* be practical and work in the 'real world.' Such systems have been successfully used by nation-wide organizations for many years (*e.g.*, the [Green Party US]()). But a delegate-based system succeeds *only* to the extent that those using it are genuinely committed to governing themselves. (The same guidelines hold for multi-NC-PA assemblies that work together in election districts larger than a voting precinct. Such multi-NC-PA assemblies gather delegates chosen from the PA's or larger multi-NC-PA assemblies, and so on, ultimately reaching the national level (see 'Pillar 9: Network Governance from the Grassroots' (*pp. 99–100)*).

Precinct Assembly (PA) Operations

> **QUORUM: At least two-thirds (66%) of NC delegates must be physically present at the PA in order to have a "quorum," or the minimum percentage of delegates who need to be present for decisions to be made and implemented.**

Use a 'Technique Toolbox'

By using a 'tool-box' of group-process techniques (*e.g.*, [Dynamic Facilitation]() (*see pp. 91, 145–146, & 148*), consensus decisionmaking process, *etc.*) to better air and deliberate the various desires, questions, concerns, suggestions, *etc.* coming from the NCs, the Precinct Assembly (PA) delegates can begin co-creating NC-PA goals and policies to reach them (see 'Pillar 7: Healthful Deliberations and Decisionmaking' (*pp. 79–96*)).

At every PA, priorities for decisionmaking are set. If an issue arouses strong interest, those decided by the PA to be most important can be focused on first.

(One way to do this fairly is for the PA facilitator to write down the issues, *etc.* on large **paper sheets that stick to walls** (like giant 'Post-Its') and/or a number of large easels with paper pads and markers for writing down items. The point is to ensure all can read what is written on them. Another is '**dotmocracy**': each member places up to 10 total pen-marked dots, dot stickers, *etc.* underneath each strong-interest/issue written on the paper. Those issues having the most dots, marks, *etc.* get priority for deliberation and action by the NC-PA.)

'Ascending' and 'Descending Democracy'

The status of each of these issues is regularly reflected back to each delegate's NC members, which is why *all* NC members are *strongly* encouraged to attend their PA, in order to make that back and forth process more effective and fast.

On the basis of their delegate's reflections back to that delegate's NC, the NC's members deliberate on those, then instruct their delegates as to what subsequent issues/concerns/*etc.* to present on their behalf at the PA. (This is very similar to [Movimento Sem Terra](#)'s (MST) "ascending" and "descending democracy" (p. 10–11). Decision creation constantly flows back and forth between the base assemblies and the larger councils of delegates so that the base groups communicate effectively with their delegate(s) at the larger assembly and *vice-versa*.) All issues are deliberated by the NC's members, after which their delegates are instructed as to how to act on particular issues at the next PA.

At the end of this dynamic process, the PA delegates make more effective decisions and action plans, ones that a vast majority of NCs' members (*e.g.*, at least 85% or more for key-issue decisions) can either fully support or, at the least, not be opposed to.

The Research Committee System: An Example of Social Mutual Processing

An important function of the PA is to discover as much as possible about the NCs' issues of interest that their delegates have brought up at the PA. One way a PA can do this is by establishing research committees to look more deeply into the issues. Such research committees can include those NC delegates/members most interested in resolving the particular issue/concern. Any research committee's task is just to investigate the issue/ concern, then report its findings back to its PA. It is *not* to make any decisions regarding them on its own, although recommendations and outlines of possible outcomes are welcome. The PA then evaluates all the research committee's major recommendations for:
1) effectiveness
2) strengths
3) weaknesses
4) improvements

PA Outcomes

With the use of these practices at the PA level, each NC member increasingly feels a part of and—more likely than not—deeply supportive of the decisions that a PA ultimately reaches and willing helpers in any actions that implement those decisions.

In time, some NC-PAs can evolve into *de facto* political arms of local-government-recognized 'neighborhood associations' and/or similar organizations. (Most neighborhood associations are created—and usually given only advisory roles—by the same local government that conferred its official recognition to them in the first place. Thus neighborhood associations usually are prohibited by law from taking any direct political actions or even political stances, whereas NC-PAs can freely endorse and even field referenda, candidates, *etc.*)

First PA Action Examples

One of the first decisions a PA can make to attain a sense of group identity is choose a PA name and/or symbol.

One of the first projects a PA should undertake early on is a resource/liability assessment of the precinct. This should include physical resources, such as: the various companies that operate in the precinct, what they do, and what resources they have available; the skills and resources of the precinct's residents, *etc.* Liabilities might include locations and types of pollution sources (including EMF from cell towers and electrical sub-stations, with frequencies and power levels of each listed), crime hot-spots and types of criminal activity occurring in them, *etc.* [Also see Appendix D: Resources/References: Group Processes: Group Exercises: Creating an NC or PA Action Plan (*pp. 140–144*).]

Another vital project for the PA is to write, publish, and distribute (physically, *not* electronically, to reduce potential electronic/Internet-use surveillance) the minutes of each PA meeting to all NC members in a newsletter format. The newsletter describes the issues and projects the PA is working on and how it is doing them, as well as the various issues with which that voting precinct's NC-PA is engaging.

Yet another project is to serve as a community information clearinghouse on all kinds of information key to the residents of that voting precinct, such as regarding the local watershed, wildlife, mainstream political representatives who (allegedly) serve the precinct's residents, and other areas of interest to the members of that precinct's NC-PA.

PA Support—Financial and Otherwise

To the extent an NC-PA (or group of NC-PAs) offer projects to fulfill the NC-PA's primary goals, those projects should be supported, financially and/or with material support (work time, resources, connections, and ideas). Support generated through the building of

community relationships yields further resources, ideas, and relationships. The PA's goals are—of course—are decided by the members of that PA.

NC's decide whether and to what extent to contribute funding, materials, skills, *etc.* to their PA to aid in fulfilling its decisions, policies, and activities, and supplying necessities, such as: basic equipment, professional facilitation, facilitation aids, office supplies, *etc.* Financially, if just 20 NC members in a voting precinct contribute $10–20 per month to their PA, that's $200–$400/ month or $2,400–$8,000/year. **If 200 NC members donate $10–$20 a month to the PA, that means $2,000–$4,000/month, or $24,000–$80,000/year.**

Investing in local-area businesses and even local stock markets could also become sources of NC-PA funding. Some of this is covered in Amy Cortese's very informative book *Locavesting*. Eventually, a precinct or multi-precinct stock market(-like) system could be created. Each adult resident would hold a voting share, while outside-of-precinct investors hold non-voting shares. For example, Catherine Austin Fitts' 'Solari' concept of community investment offers a practical framework for co-creating a much healthier community-based economy using 'A' voting shares (owned by residents of the Solari area) and 'B' non-voting shares (non-resident investors). Much of this system could be transferred to an NC-PA or group of NC-PAs to provide long-term, sustainable financial and economic support.

Evaluation of PA Activities
It is essential that all a PA's major actions involving research committees and other sub-groups of the PA take *must* be evaluated for:
1) Effectiveness of the action
2) Weaknesses of the action
3) Strengths of the action
4) Improvement suggestions for future uses of the action

Unaffiliated Delegates
An 'unaffiliated' delegate is a voting-precinct resident who—although otherwise eligible to be an NC member in that voting precinct—for whatever reason(s):
   (a) Is not currently an NC member in that voting precinct, and
   (b) Wants to speak to the PA about his/her issues/concerns/questions, in spite of (a).

Such delegates should be given at least one fair (time-limited) hearing by the PA. After that, at the discretion of a majority of the PA, and depending on the behavior of the unaffiliated delegate, that unaffiliated delegate can:
   (a) Have his/her issues/concerns be given serious deliberation by the PA,

(b) Be allowed to quietly watch and listen to the proceedings

(c) Be politely shown the door,

(d) Some other option as determined by the PA.

NOTE: *If government-mandated meeting restrictions are in place in your area*, **this process would be slowed down. However, holding** *multiple* **PA meetings connected by messengers** (as described above regarding holding multiple smaller NC gatherings in this kind of meeting-restriction situation (*see p. 64*)) **will be the most practical option.**

'Direct Action': A Note of Caution

In regards to the NC-PA taking more direct physical actions that end up directly interacting with violence-prone followers of the 'powers that be' or other such groups, permanent self-maintenance of high ethical standards by every NC-PA member is *essential* to avoiding many harmful scenarios. In such situations, healthfully practiced non-violent techniques—similar to those employed by Mohandas Gandhi, Martin Luther King Jr., *etc.*—should be used as much as possible, and even then only in ways that the NC-PA deems necessary at the time.

Besides the ethical aspects, a violent act—even against property—in such situations usually results in a profound (and usually completely unnecessary) escalation of violence in response by those who—rightly or wrongly—perceive themselves as threatened by that act or who wish to 'make an example' of those who committed the violent act and their allies.

Keep in mind that violent 'false-flag'* acts—even against property (*e.g.*, the destruction of property by persons who claim to be acting in your group's name, but no such violent act has ever been approved by your group)—have often used by many authorities as excuses for behaving violently against those they believer are or have been told are 'the enemy,' with the evidence for their being "the enemy" being the false-flag violent act(s).

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* A 'false flag' is an attack or other harm inflicted by a person or group on another person or group, but the attack/harm is blamed on *third* person or group. This is done to manipulate public outrage against the falsely blamed third person or group, and has been used successfully since at least ancient Roman times.

Pillar 5: Mutual Respect between NC-PA Participants

Fundamental respect between members—maintained even during disagreement—is *vital* to the health of every NC-PA, as it is essential for genuinely heart-felt communication and truly hearing each other and being heard in return.

Verbally engaging with others in healthful ways—even when angry—forms templates for future behaviors, and from this we learn at least as much about ourselves as about others. However, personal attacks (*e.g.*, "You're a ^$%! moron!") are not tolerated. If they start, then the emotional temperature is too high—cool it down with a 1-5-minute 'time-out' used for reflection on the purpose of the NC or PA meeting. If the temperature still remains high, use 'Dynamic Facilitation' (DF) techniques (*see pp. 91, 145–146, 148*) instead of ordinary facilitation. In DF, all participants communicate only with facilitator, *not* to other members. The DF facilitator then writes the ideas expressed on large wall charts, and gradually organizes the ideas that manifest into categories.

There will be times during an NC or PA meeting when one *profoundly* disagrees with what a speaker is saying and be *very* tempted to denigrate the speaker.
Yet the extent to which one can—even during those times—genuinely sense a shared humanity with the one with whom one disagrees shows the extent to which one is committed to the principle of mutual respect.*

This is when a feeling of "there but for the grace of _____ go I" can help members feel mutual compassion and respect for each other. At the very least, one can still intend and act for healthful outcomes for oneself, the person one is disagreeing with, and the group as a whole in regards to the disagreement.

To the greatest extent possible, members must try to see the others as—in essence—kindred sparks of humanity, regardless of their outlooks on specific issues. This perspective can even include those people who express, in a member's opinion, rather dysfunctional views. Such people, for example, might have had traumatic childhoods that created damaged personalities, and, thus, skewed perspectives on certain subjects.*

Such an outlook can help calm members who might otherwise be triggered into unhealthful reactions. It also helps to manifest the group's sense of collective self, which has enormous consequences for that group's long-term health.

The more a group's members can suspend their opinions and judgments and be in a state of 'still alertness' to hear each other out, the more a kind of interpersonal 'superconductivity' can manifest, in which the speed and quality of the communication 'energy' is high because its emotional 'temperature' is low. A fundamental mutual respect deepens this.

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* If a member harms or threatens to harm anyone, or appears to the majority to be sabotaging the group, then mutual respect also dictates that the harmful individual and the group part company (*e.g.*, removing the disruptive individual from a group (see 'Appendix B: Group Disruptions: Healthful and Unhealthful' (*see pp. 125–128*).

Pillar 6: <u>Mutual Trust-via-Trustworthiness in the Neighborhood Councils (NCs)</u>

Trust is a willingness to be vulnerable, usually with the expectation of worthwhile results. With trust-*via*-trustworthiness, there is a sense of truly being in 'safe harbor,' and able to more honestly express oneself to the others in one's NC. Establishing each other's trust also helps forge stronger social-cohesion and increases that group's chances for long-term health and effectiveness.

The question now is, "How can a person really gauge another's trustworthiness?"

Determining Trustworthiness

In order to be perceived as trust<u>worthy</u>, a person must demonstrate to the perceiver authentic:

- Credibility

- Reliability

- Intimacy (without subsequent exploitation based on that intimacy)

- Low self interest

- High greater-whole interest

- No harmful-to-group hidden agenda(s)

Though there are many ways to determine the trustworthiness of others, personal gut feelings should be given a major share. Yet, since no single way is perfect, several combined definitely will be more effective.

- You can look over the quality of time spent working with another person to see the extent of the *beneficial experiences stemming from that person*—in terms of that person's reliability, credibility, intimacy, low self interest, *etc.*—as well as whatever 'red-flags' pop up demanding further attention.

- Intuit and/or otherwise acquire other information, and then—given another's statements/behaviors over time—judge for ourselves its relevance. Intuit or experiences 'gut feelings' to aid in finding those trustworthy enough to actually trust (just be sure your 'gut feeling' is not prejudice in disguise).

- Have background checks conducted, especially prior work and criminal histories (potential vendors include Intelius.com and US Search (www.ussearch.com)).

- You can use referrals from multiple, currently-trusted third-parties.

The Manual for the Neighborhood Council - Precinct Assembly (NC-PA)
Chapter II: The Nine Pillars of NC-PA
Pillar 6: Mutual Trust-via-Trustworthiness in the Neighborhood Councils

Because gauging the trustworthiness of another is often not easy, we need to be able to think and live 'outside the box' of much of our cultural programming. This ability can be developed with healthy discernment about how to engage with today's human social reality.

One of the most important ways to so engage is to better understand what has actually happened in one's social reality, versus blindly following the statements and declarations of others regarding that reality, no matter how highly placed in authority (whether 'alternative' or mainstream) those others might be. *It's up to each of us to judge the degree of trustworthiness of others.* **Avoidance of psychopaths, *agents provocateur*, and disinformation promulgating persons to the greatest extent possible is a must.**

Psychopathy

Meet a Psychopath
Imagine someone with little to no empathy, conscience, or genuine emotional bonding with other beings—whether human, animal, or Nature in general. Such people can be extremely intelligent—even brilliant—plus capable, brave, and charismatic. They can also uncannily mimic appropriate emotional behaviors while not actually feeling any of the emotions allegedly behind those behaviors. To cover this all up, they role-play emotions instead of actually feeling and expressing them, and lie frequently.

Such a person likely has a biological malady called "psychopathy" and its sufferers "psychopaths" (also called "sociopaths").

Due to their lack of empathy, psychopaths often behave very unethically to get what they want, whatever that might be. To them, it does not matter whether those behaviors include destroying others' personal lives and careers, causing intense and needless suffering (physical and/or emotional), causing others—from complete strangers to close relations—to physically die, or even committing genocide and worse. Each of these acts can be committed by hard-core psychopaths, without any sense of remorse, sometimes even with a macabre 'sense of humor' about it.

From what's now known about the condition, one can become psychopathic *via*:
1) *genes* (*e.g.*, the risk increasing with the X-Y (male) chromosome while also inheriting the 'MAO-A' gene),
2) *epigenetics* (inheriting the genetic expression of behavior patterns, such as lack of human empathy)
and/or
3) severe or repeated *traumatic experiences* (esp. in childhood and involving brain damage to the orbital and anterior temporal cortexes), which can also cause epigenetic psychopathy.

The Manual for the Neighborhood Council - Precinct Assembly (NC-PA)
Chapter II: The Nine Pillars of NC-PA
Pillar 6: Mutual Trust-via-Trustworthiness in the Neighborhood Councils

Psychopaths who are in positions of power and their activities—aided lately by technologies of ever increasing power—have increasingly harmed our societies and, lately, our entire planetary biosphere. These effects, plus the public's denial of the very existence of psychopaths holding positions of power, plus the lack of public knowledge about how psychopaths are created, make for a rather steep and troubling 'learning curve' for those new to the subject. (For a more detailed look at psychopathic influence over human societies—especially *via* their governing structures—please see 'Appendix C: Resources/Human Prehistory and the Rise of 'Pathocracy'' (*see pp. 159–164*.)

Historical Roots

Psychopathy as a major aspect of our human reality has been ongoing for millennia, yet is still not nearly as appreciated as it should be. The corrosive influences wielded over an ever-growing percentage (currently most) of humanity by a tiny minority of psychopaths has its fundamental roots that go back about 8,000 years, yet humanity-as-we-know-it has existed for hundreds of thousand of years before that time, with very few to no incidents of warfare between groups (as opposed to the occasional incidents of within-group violence and homicide that were not part of an organized warfare effort).
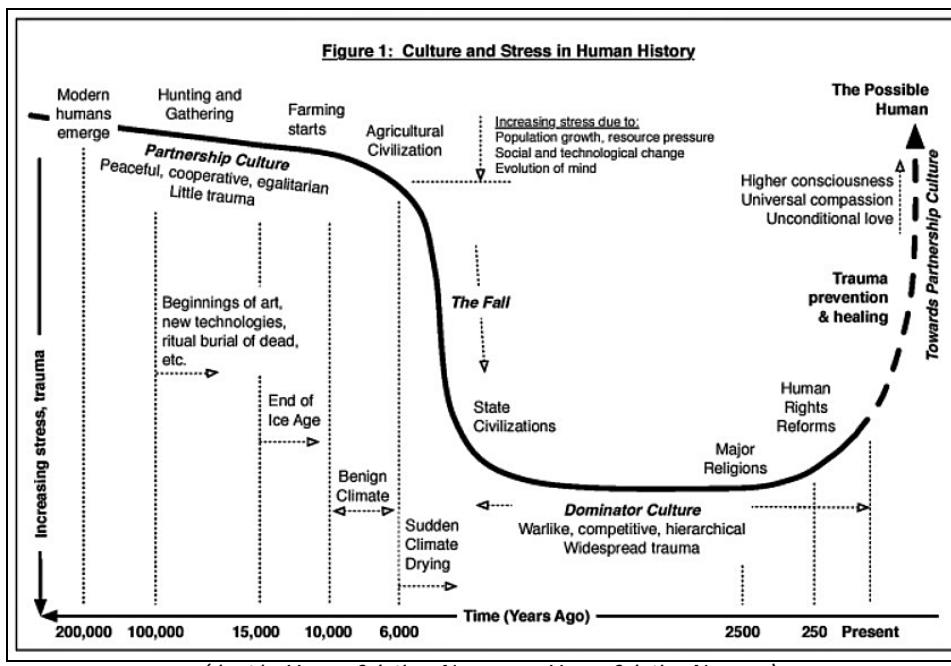
(chart by Human Solutions Now - www.HumanSolutionsNow.com)

Warfare—a good indicator of cultural psychopathy—began significantly increasing in frequency about 6,000–7,000 years ago, which correlates well with the abrupt climate changes that swept much of the Old World. For example, the earliest evidence of true warfare is found in North Africa and areas east (the Levant, the steppes of Eurasia, *etc.*), which were hit hardest by these climate changes.

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Government-of-by-and-for-Psychopaths = 'Pathocracy'

Some psychopaths develop anti-democratic views out of a deep belief (which others of the society they belong to can also be persuaded to believe) that—without a leader or ruling group in charge of everything and to be loyal to (*i.e.*, a supreme ruler or a superior class (*i.e.*, more of our side's psychopaths))— psychopaths from other groups will invade and do unspeakably evil things to them, causing chaos, collapse, much personal suffering, and death. (Unfortunately, the concept of the 'false-flag event' (a self-inflicted 'act-of-war' attack or seeming attack contrived to make it appear that another group was responsible for it) has not occurred to many non-psychopaths, who are thus taken in by this belief.)

Because psychopaths' behaviors and worldviews differ so radically from our own, many people have a difficult time even conceiving that psychopathic people are now in positions of respect and power in their own society, and perhaps even living in their own neighborhood. At a deep psychological level, that's plain scary, so it feels much better to believe otherwise!

Yet, by believing otherwise, warning signs are ignored, and severe consequences often ensue. Of course, the people who ignore these signs then fall victim to psychopaths' future intentions more easily. Those who have been or about to be victimized tend to rationalize along the lines of, "Well…. he/she/they might have behaved badly at times, but—gosh—*no* one could really ever really be ***that*** bad!" (Similar widespread denials were heard in the 1930s when much of the world reacted to reports of Nazi German extermination camps.)

Such rationalizations take place because the psychopath's frame of reference is so radically self-(as in 'egoic self')-centered that most normal people cannot relate to it.

Unfortunately—and in spite of all credible contrary evidence presented—many normal, non-psychopathic people consciously decide to disbelieve the fact other persons who are now in positions of social power (a) are even capable of such behaviors, (b) are currently behaving in these ways, and (c) have been behaving in these ways for a very long time.

Polish psychologist Andrew Lobaczewski—tenacious survivor of both the Nazi and Soviet totalitarian regimes in Poland—wrote and had published a landmark research study on political psychopathy: *Political Ponerology* (Red Pill Press, 2007). ('Ponerology' stems from the Greek 'poneros', meaning 'evil,' combined with '–ology', meaning 'the study of'). He found that, after a pathocratic ('rule-by-psychopaths') regime had installed itself in positions of governmental power, an additional 2–3 percent of the ruled population not only went along with that, but also voluntarily supported it with their actions (*e.g.*, shouting slogans they did not believe in, being hostile to and informing on former friends and family members, doing the bidding of the pathocratic authorities regardless of ethics or consequences involved, *etc.*).

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According to Lobaczewski, when psychopaths take over the government of a society, they tend to draw to them this subset of the population who are most susceptible to their influence. The 'pathocracy' knows how to work on them and others of the population, in order to use them to further exploit that society.

Due to their abilities of deception and ruthlessness, virtually *all* systems of government—*even* **representative-based** *democratic government*—inevitably fall prey to the psychopaths' influence or outright rule. Only in systems of self-government based on decentralized, genuine deep democracy, of which the NC-PA system is one, can persons healthfully self-govern themselves.

Detecting Psychopathic Behaviors and Personalities

With a lifetime of self-training, and motivated by powerful survival instincts, psychopaths can mimic that which they sense others wish to hear and see from them. They have been described as "human chameleons," in that they avidly take in current social mores, rules, and laws, to better learn how to manipulate others' perceptions about the psychopaths and thus acquire more power and control over that society or one of its sub-groups (*e.g.*, a large corporation, *etc.*).

Because the actual percentage of psychopaths in a given society varies according to the expert consulted, and the fact that there are different varieties of it, it is difficult to get a hard percentage number. Nevertheless, it has been estimated that between 5–6% of the total human population is composed of those who either:

(a) Exhibit overtly psychopathic behaviors, or

(b) Are closely aligned with psychopathic behavioral modes and willing to do the biddings of the psychopaths who rule all or part of their society or organization (usually done in anticipation of promised rewards).

One trait of many psychopaths is **the need for getting an immediate reward**—instant gratification—regardless of any 'collateral damage' caused by doing so.

Another trait of many psychopaths, learned through experience, is their **emphasis on** *absolute* **loyalty from subordinates**, which are usually expected to be amply rewarded.

To some extent, however (and fortunately for the rest of us), **betrayal is another hallmar**k of the psychopath and can thus hobble psychopaths' accumulation of power.

> **When it comes to the existence of psychopaths in positions of power, ignorance does not equal bliss (*i.e.*, "What you don't know *can* hurt you.")**

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Such characteristics—including inherent ruthlessness, chameleon-like nature, and charisma—especially when added to existing high intelligence, knowledge, competence, and ambition—allows many psychopaths to reach very high positions within organizations that wield vast political, economic, and/or other societal powers.

Although Lobaczewski found that withholding emotional judgment and practicing forgiveness are essential to keeping one's psyche healthfully intact when interacting with psychopaths, "understanding and forgiveness do ***not*** exclude the correction of conditions and taking preventative measures."*****

Remember:

(1) When we research the matter for ourselves, we find that 'we-the-people' need to acknowledge the ***reality*** of psychopathic actions by a relative few who have gravitated to powerful positions and have tweaked entire socio-political systems to suit their desires. Yet they dominate only to the extent that 'we-the-people' do not discover (a) their existence, (b) their stratagems, (c) their histories, and (d) their agendas.

(2) As soon as the information in (1) is discovered and acknowledged by a critical mass within a society, many in it will to some extent become 'immunized' against such stratagems, *etc.* and their toxic effects, as well as be better able to take appropriate counter-measures***,** such as deep-democracy-based, assembly-style political systems).

(3) Trusting others who are worthy of that trust is not only possible, it is *essential*. ***Just be as certain as possible that those trusted are truly worthy of it.***

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* (Please see **'**Appendix B: Group Disruptions…' (*pp. 125–128*) for tips on how to exclude a disruptive and/or psychopathically behaving member.)

Pillar 7: Healthful* Deliberation and Decisionmaking

"Difference of opinion leads to inquiry, and inquiry to truth." ~ Thomas Jefferson

Both parts of the NC-PA system—Neighborhood Councils (NCs) and their Precinct Assemblies (PAs)—engage in mutually healthful* deliberation and decision-making processes on whatever issues their members bring up, ranging from group 'housekeeping' (*e.g.*, when to meet next time) to detailed plans of action, *etc.*

Most of us have never experienced much shared sense of deep community as citizens. Yet experiencing this sense of shared deep community and democracy-*via*-consensus process is a *key* to bonding and acting together as a united people. The mutually healthful activities that result generate further bonding and also infuse the surrounding society with 'virtuous circles of behavior' by increasingly cooperative yet always autonomous and sovereign citizens.

An atmosphere of mutual respect and trust-based-on-trustworthiness helps participants express themselves more authentically than they otherwise might (see 'Pillar 5: Mutual Respect' (*pp. 71–72*), and 'Pillar 6: Mutual Trust *via* Trustworthiness' (*pp. 73–78*)).

Neighborhood Council (NC): Deliberation and Decisionmaking

- **Regular use of the '7 Agreements to Keep a Neighborhood Council Healthy'** (*p. 62*) **helps greatly when discussing and deliberating the issues.**
- Members should feel free to discuss any issues of concern.
- **It is vital always to *know* that there are at least several 'win/win' solutions possible to *any* dilemma or challenge.**
- Deciding issues to take and present to the PA usually takes up most of an NC's time.
- Though NC proceedings are much less formal than those of the PAs, and NCs are composed of those who are in basic viewpoint alignment and mutual trust, the following guidelines will help in 'sticky' situations when members find themselves in heated disagreement.

Decisionmaking Techniques

The ideal decisionmaking, of course, is '**unanimity,**' in which each member enthusiastically supports the decision reached by the entire NC often with very little discussion necessary.

The next best outcome is reaching '**consensus**,' in which every member—if not enthusiastically supportive of the decision reached by the great majority of the group (*e.g.*, at least two-thirds—if not more—of the NC's members)—at least finds it bearable. Consensus decisionmaking techniques are one of the best ways to reach this, because they allow a higher synergistic effect to occur, thus creating an environment in which 2+2 *can*

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* "Healthful" meaning both (a) mutually empowering and (b) free of manipulation by any person or group with harmful ulterior intentions regarding an NC-PA or the NC-PA system in general.

equal 5. Group creativity is greatly magnified, and group decisions and solutions to problems can evolve that were in no one's mind when they first began working on an issue. Unlike majority-rule democracy, consensus decisionmaking does not allow dissent to be steamrolled by the majority. Yet genuine consensus takes time to reach, and all who participate should know this in advance. The longer a group works together, the faster the process tends to go. All NC members should become familiar with at least the basics of Formal Consensus Process, so that its practices can be used as needed (see Appendix D: Resources/References: Group Processes: 'The Formal Consensus Process,' *p. 147*, for a helpful diagram of this, as well as 'Appendix D: Resources/References: Group Processes' in general (*pp. 135–150*)).

Like the Blind Men and the Elephant (*pp. 94—95*), consensus decisionmaking process assumes that no one participant has a monopoly on whatever is the truth. Each person has a unique view of a piece of truth and so deserves to play an active role in creating the final decision.

> **The more that members experience trust, honesty, and directness and allow themselves to truly *listen* to each other *as people*—not as positions and in spite of disagreements—the more they will use consensus process most effectively.**

The goal of consensus process is group unity rather than beating the opposition. *Each* member is considered important, and the group tries to listen and respond to every member. Because every member's support is needed, the softer voices, that otherwise might be drowned out in a competitive atmosphere, are encouraged and attended to. Both feelings and logical argument are treated as important.

If a decision is not satisfactory to the group as a whole—even though a simple majority may favor it—new options are explored and often creative solutions are discovered that would otherwise be overlooked.

One reason it is important that each decision be 'well seasoned' is that—once a decision has been made—it takes using consensus process to change that decision. However, one way a decision can be made temporary is to put a time limit to or sunset clause' in the decision, after which time it must be put back on the agenda for review.

> **NOTE**: Group unity—consensus—does *not* mean that every member is delighted with every aspect of the decision. It *does* mean that everyone's concerns have been considered and that group members are willing to accept the decision as a good one for the group, even when it doesn't represent their personal first choice.

Yet consensus decisionmaking is also not 'group think'(*a.k.a.*, "concurrence seeking"), in which—to hasten agreement—the group's members actively avoid and inhibit all conflict between viewpoints.

Neither should consensus decisionmaking be taken to mean 'compromise,' although that can play a role, as it can in majority rule. However, reaching a higher synthesis between two viewpoints is invariably better than accepting compromises that 'consist of the failures of both views and the merits of neither.'

'Majority rule' is simply 50%$^{+1}$ or more of the members voting in favor of a proposal, thus making that proposal into group policy. Some groups (*e.g.*, the U.S. House of Representatives) use some form of *Robert's Rules of Order*—a highly codified 19th-century system for group decisionmaking that is machine-like in its operation. Those able to master its intricate rules and rule exceptions can manipulate most decisions to their advantage.

'Super-majority rule' is a pre-determined high percentage (*e.g.*, 66% , 75%, 90%) of members voting for a proposal, and is used for major NC-affecting decisions.

Yet beware of automatic rules, such as, 'Always fall back to a simple-majority vote when the group cannot reach consensus on an issue after two attempts.' More than a few alleged 'consensus-run' groups use their decisionmaking process this way, though it obviously reduces participants' motivation to achieve consensus. Members will start thinking, "Why should I even consider other perspectives when I can probably get enough votes [50%$^{+1}$] to get the decision that *I* want if I just wait two rounds?" This makes the group simply another simple-majority-rule-for-all-decisions group, which brings all the diverse ills that using it brings. *Falling back to simple majority rule for major decisions is an extreme measure for extreme circumstances, similar to performing surgery to save a person's life.*

NCs also discuss and make decisions about issues independently of its PA, as long as **t**he NCs' members clearly understand that their actions in regards to the issue will *not* be done in the name of the voting precinct's entire NC-PA.

If any issue becomes too contentious for the NC to reach a clear decision, decisionmaking for that issue can be facilitated at a subsequent NC meeting by an experienced meeting facilitator. **Each NC-PA should compile and have available a list of such facilitators in the local area for these eventualities** (see 'Appendix D: Resources/References: Group Processes: Online' (*pp. 148–149*) for facilitator resources.)

Vital Roles of the NC Meeting: <u>Facilitator</u>

A facilitator for an NC meeting is not essential but can be chosen by the group for particularly contentious issues.

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* Keep in mind that, in place of the group using a meeting facilitator, its members can instead use a 'speaking object'—an object that, when held by a member, allows that member to speak without interruption. This acts as a self-facilitation technique (*see p. 115 for more on using a 'speaking object'.*)

Over time, using a speaking object helps members to *internalize* their 'inner facilitator,' so that members speak and *listen* to each other without resorting to a speaking object.

For contentious issues, use <u>Dynamic Facilitation</u> (ideally with the facilitator having had at least some experience with it (*see pp. 91, 145-6, 148*)**).**

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* The facilitator is to ask the group if the members agree to him/her being the facilitator for that meeting. (If not, another facilitator should be selected, ideally from among the group's own membership.)

Facilitator role rotates

Each NC member gains experience in various deliberation and decisionmaking processes through facilitating his/her NC's meetings *via* some form of rotating facilitation schedule (or as otherwise decided by that NC). Rotation of facilitator responsibilities also helps prevent unhealthful power buildup in one person who facilitates the NC for most or all meetings.

Two facilitators can be used

For larger NCs and/or complicated issues, use two facilitators: one performs some of the functions that a typical single facilitator performs—such as writing down the group's feedback and all decisions made on large wall-chart papers, writing down who will be responsible for what and when, where, agenda setting, *etc.* This allows the second facilitator to focus more on the group and its interactions (or other activities as decided by consensus).

Facilitator (or other designated NC member) receives and sets up agendas

Before an NC meets, its facilitator (or designated member), will receive input for, write up, and present to the group's members the basic **agenda** for that meeting.

Before each meeting, a semi-final agenda is made available to all members of the NC, after which members are allowed a reasonable time to formulate possible agenda additions and changes to it.

Agenda items are sent to, collected, and arranged into four columns:
- The item brief description
- The type of action(s) to be taken (if any)
- The estimated time needed, in minutes
- The name of the item presenter (if any)

Ideally, the agenda will close to new items and be distributed to all the NC's members at least 24 hours before the meeting to give time to members to think about them beforehand.

- **The NC's meeting agenda should be as simple as possible so as not to stifle individual member input**. Overly detailed agendas are too time-constrained and take away time from group members' speaking from their hearts.

At the NC Meeting, the Facilitator:
- **Edits the Agenda**
  The facilitator reads through the agenda, adding/deleting items as needed, and editing the agenda a bit (*e.g.*, consolidate two items that address the same issue). Also, ordering the agenda in terms that are appropriate (*e.g.*, by level of difficulty reaching a decision, length of group time, *etc.*) Especially in a new NC, start with easy items first and work toward more challenging ones later after the group gets its footing.
- **Makes a seating chart for reference (paper only, never electronic)**
- **Posts and ensures that all present can see and read the agenda.**
- **Reads from the minutes from the previous meeting, especially unfinished items or topics deferred to this meeting.**
- **Introduces group to how facilitation will be conducted. This includes:**
  o **Ensuring that all members are heard**
  o **Keeping the meeting on topic (unless a super-majority of the group agrees to change deliberation direction)**
  o **Facilitator verbally summarizing an emerging decision, including disagreements**
  o **Facilitator testing for consensus on the tentative decisions wordings**
  o **Facilitator 'calling the colors' (*p. 84*) as nec. during the above processes**
- **Facilitator to temporarily hand over facilitator role when advocating**
  Whenever an NC facilitator wishes to present and/or advocate for/against an issue him/herself, that facilitator must temporarily hand over meeting facilitation to another member before doing so. Only after he/she has presented, advocated for, or however engaged with that issue (at least for that meeting) can he/she again take back the role of facilitator again. This helps prevent abuse of the position's power, since facilitators have a significant degree of influence over a meeting's progress.

- Although some issues only need one NC meeting to resolve, **please be prepared for multiple meetings before a clear decision can be made on other, more complex issues.**

- **If—during discussion on an issue—***another* **issue of importance arises, that other issue can either be put on the following meeting's agenda, or be dealt with on the spot** (especially if the facilitator senses the new issue to be one that underlies the original issue. This also assumes that the group has agreed to do so, mostly *via* consensus process with a few super-majority votes). **Dealing with underlying issues immediately upon their expression can be highly beneficial to the NC, since doing so directly engages with what is truly on members' minds, not only with the symptoms that the underlying issues create**.

- **Use the scale below to test the degree of consensus on an issue.** At the start of every meeting, each member is given a bound set of color-coded response cards. To use, a participant holds up one of eight (8), 1″x 0.5″ in area, single-ring/grommet-bound, card-stock tags, each of a specific color that reflects an opinion below. When '*the colors are called*' by the facilitator, this is a quick, effective way to know the group's feelings about any item.

Each participant's opinion is given by a displaying a colored-cardstock tag from a collection of eight such differently colored tags bound by a ring or grommet (also known as '*Calling the Colors.*'):
(a) Enthusiastically agree: Deep rich green
(b) Think it's a good idea: Turquoise
(c) Basically supportive, with some non-serious reservations: Very light green
(d) No opinion/Don't care/Stand Aside: White
(e) Have serious reservations and need to speak about them: Yellow/Orange
(f) Have serious concerns and *must* speak about them as soon as possible: Red
(g) Refuse to decide; abstain from the decision (*e.g.*, on moral grounds): Indigo
(h) Block the decision from going forward: Black

If all the participants' colors are (a), (b), and/or (c), then consensus on the issue will be assumed. *However, any reservations should be noted and ideally resolved by changing the decision wording until there are no reservations.*

If one or more members fall into categories (e)—(h), then consensus has ***not*** been reached. Members unable to consent to the currently worded decision must:

    (1) State their concerns and reservations clearly and concisely, ***and***
    (2) Offer alternatives.

Group decisionmaking and deliberating processes in NCs are also about publicly relating to each other in ways that foster a sense of *deep community*, instead of the superficially polite 'pseudo-community' with which we're all too familiar (the differences between the two are detailed in *The Different Drum* by M. Scott Peck (Random House, 1990)**). Keep in mind that evolving a shared sense of deep community takes time—it is not immediate.**

Vital Roles in the NC Meeting: Timekeeper and Notetaker

The NC also should have rotating roles for:

- A **Timekeeper**, who keeps the group on the agenda, and keeps track of time limits for agenda items, speakers, and the meeting as a whole).

- A **Notetaker**, who adds the written records of decisions made, such as the issue's name/description, what the PA decided to do about it, which members are to do what actions, when, and how, *etc.).* The sum of these forms the NC's meeting's *minutes* which should be distributed to all participants (again, only *via* secure, non-electronic means).

Precinct Assembly (PA): Deliberation and Decisionmaking

*Also refer to 'Appendix D: Resources/References: Group Processes' (*pp. 133—149*).*

Vital Roles in the PA Meeting: Facilitator

PAs should be facilitated by two persons experienced in group facilitation—ideally professional facilitators. One keeps tabs on who wishes to speak (members raise hands to be noted that they wish to speak and are put on a written speaking-order list that all can read), on the emotional atmosphere in the group (and regularly reflecting that to the group as a whole), and performs other duties as needed. The other facilitator writes on wall charts (large enough so all can read) the ideas/proposals/questions/concerns/*etc.* that members offer, keeps the deliberations on track regarding the agenda issue and not be side-tracked into other areas, and verbalizes his/her sense of any tentative decision the group might be forming. **Also, it is essential that facilitators *not* have (and not even be suspected to have) *any* personal interest (emotional or otherwise) in the issues discussed. Facilitators *must* be neutral and be seen by all members as neutral.**

After basic introductions, the facilitators ask the delegates for their permission to allow them to facilitate—simple-majority rule here should suffice. (If permission is not granted, facilitators who are acceptable must be used. It pays to have a 'plan B' for back-up facilitator beforehand.)

Techniques in the PA facilitators' tool-kits include (but are definitely not limited to):

- **Creating agendas from the NCs' input and then distributing them (*via* door-to-door drop-offs or mail, but not *via* the Internet or other unsecure media) to the NCs about one week before the PA meeting. This allows NC members enough time to form ideas/questions/concerns/*etc.* regarding those agenda items. Remember to allow sufficient time for deliberation for each agenda item, as well as break times. *In general, the more meeting participants, the less agenda items there should be.***
- **Helping the group clarify and focus the issues being deliberated. A facilitator verbally restates and puts in writing on wall charts each proposal/issue/concern/*etc.* given by each delegate.**
- **Bringing out every delegate's views on the issue—especially of those who are remaining silent—and politely curbing overly talkative delegates.**
- **Staying neutral on the issue being deliberated, but stepping in *immediately* upon noting any abusive or bullying behavior by any participant, whether that be a delegate, an attending NC member, or guest.**
- **Ensuring that advocates for issues/proposals know their subject matter well enough to communicate credibly about them.**

- **Deciding the facilitation technique to use at any given moment, such as:**

  - **FORMAL CONSENSUS DECISIONMAKING PROCESS (CDM).**
    (See 'Appendix D: Resources/References: Group Processes: Formal Consensus Decisionmaking Flowchart' (*p. 147*).)

    > **CDM decisionmaking enables a group of people who trust each other enough (via mutually perceived trustworthiness) to come to an agreement that has synthesized the input of *every* member. CDM assumes that minority viewpoints are actually *essential* to the development of a high-quality decision—thus it actively seeks out those viewpoints. CDM at the PA attempts to come as close as possible to meeting the most important interests of all delegates, *and* documenting how and why an agreement was reached (or not reached). If there is lack of trust between PA delegates, another decisionmaking process should be used (*e.g.*, Dynamic Facilitation (*see pp. 91, 145-6, 148*), super-majority rule, *etc.* (*see further below*)).**

    NOTE: **"Consensus" does not mean "unanimity".**
    "Unanimity" means that *every* group member is *enthusiastically and wholeheartedly in alignment* with the reached decision, but genuine unanimity is uncommon. Also, while genuine unanimity can (and should) be striven for when using CDM, it should not be the expected result. CDM only asks for every member's *consent* to allow the decision to be formally made and implemented. Delegates using CDM at the PA *can* agree on a genuinely co-developed proposal that is acceptable to all, or is at least something that they can live with (after communicating issue-deliberation-status information back to their NCs members for feedback and further instructions to the delegate as to how to proceed). **However, if any delegates have reservations or concerns about the decision reached, those should always be written down in the meeting minutes by the PA's Notetaker.**

    > **During CDM deliberations, a facilitator regularly reflects verbally back to the group the direction in which that facilitator senses the group's deliberations are going and—when appropriate—the possible wording of a potential decision (the latter is called "testing for consensus").**

    When a proposal is presented to the PA as a whole, every delegate is asked,
     "Can you live with this proposal?"

    > **Consensus is reached when each member agrees that—yes—they *can* 'live with' the proposal. Some may not agree completely with every feature of the proposal, some may not care, but none disagreeing enough to warrant opposition to the proposal moving forward.**

==Consensus process should be viewed more as a tool than a panacea.== It is to be used for general policies and group goals (*e.g.*, "What is our mutual vision for what we want this PA to be/do?", *etc.*) CDM should *not* be used for simple administrative issues (*e.g.*, "Where should we buy our office supplies?"). ==CDM works best when many less important PA decisions are delegated to those with an interest in the issues involved.==

Since CDM is time and energy consuming, it should be reserved for agenda items of PA-wide importance, that relate to the PA's core values, need wide group support or participation, and/or will have lasting effects. While similar to the NCs' use of CDM, PA CDM is more formally conducted. (When the number of delegates at a PA (or multi-PA assembly (*e.g.*, delegates from all PAs within a county)) is too many to effectively use color cards to indicate level of agreement (*see below and p. 84*), use spokes-council or world-café' (*p. 92*) techniques.

For groups of 20 or less delegates, their displaying colored cards can be used.

Again, those agreement options—and associated colors—are:
(a) Enthusiastically agree: `Deep rich green`
(b) Think it's a good idea: `Turquoise`
(c) Basically supportive, with some non-serious reservations: `Very light green`
(d) No opinion/Don't care/Stand Aside: `White`
(e) Have serious reservations and need to speak about them: `Yellow/Orange`
(f) Have serious concerns and *must* speak about them as soon as possible: `Red`
(g) Refuse to decide; abstain from the decision (*e.g.*, on moral grounds): `Indigo`
(h) **Block the decision from going forward:** `Black`

When the facilitator senses that a decision is manifesting, he/she verbalizes that tentative decision and then asks "How supportive do people feel for this decision?" and '==**calls the colors**.=' 'Calling the colors' gets a count of each category of agreement level (*e.g.*, for those who enthusiastically agree to show their deep-green tags, then for those who think it's a good idea to show their turquoise tags, *etc).*

The facilitator then asks, "What concerns, disagreements, reservations, or repercussions have we *not* already considered?" and the delegates offers them up and deliberations continue.

The facilitator then asks, "What other fears, doubts, or disagreements do people have about this proposal?" The delegates offer these up and deliberations continue.

The facilitator then asks, "What have we missed that could be added to improve the decision?" The delegates offer suggestions, and the deliberations continue.

After 'calling the colors' and each delegate showing (a), (b), or (c) [*see above list*], then consensus on the proposal is assumed and verbally summarized by the facilitator. **The Notetaker then makes a written summary of the decision—highlighting delegates' points of agreement and disagreement, color tags counts, and delegates' comments, as well as exactly who is responsible for implementing the decision, as well as when, where, and how—and reads that back to the PA. If there are missing parts or misunderstandings that the Notetaker has written down, delegates can have these corrected/added to. This written summary then becomes part of that meeting's minutes distributed to all the NC's members.**

However, if one or more delegates fall into categories (e)–(h) [see above list], consensus has *not* been reached, so the proposal must be modified to make it acceptable to all delegates. One or more delegates who are unable to accept/consent to the rest of the group's manifesting decision and who attempt to block it must:

(1) State their concerns clearly, honestly, and concisely,

(2) Provide evidence and/or supporting citations that clearly show how the proposal endangers the assembly or NC-PA as a whole, *and*

(3) Offer alternative solutions.

NOTE: To block a decision during consensus process, the would-be blocker(s) *must first*:

(1) **Genuinely believe** that the decision being reached by the rest of the group will be extremely harmful **to the PA**;

(2) **Be certain they are not projecting personal issues onto the decision** (*e.g.*, a person with a fear of a particular thing blocking a decision for the group to offer support to another group that deals with that particular thing);

(3) **Explain clearly** to the rest of the group the reasons for their objections;

(4) **Offer the group details of at least one alternative** that is acceptable to the blocker(s).

Blocking Alternatives

Instead of blocking a PA decision, one or more delegates who want to block the proposal can also put that decision to block to a supermajority vote (see below)).

o **CONSENSUS DECISIONMAKING PROCESS**

> (*See p. 147, and* Pillar 7: Healthful Deliberation and Decisionmaking (*pp. 79–97)*.)
> <mark>**If the PA has *more* than 20 delegates**</mark>, consensus decisionmaking process can still be used by temporarily breaking up the assembly into two or more smaller groups, ideally with the members of each trusting each other a bit more than the entire group. These smaller groups deliberate the agenda item/proposal and come up with and write down potential decisions/questions/concerns/*etc.* Then all groups re-convene into the PA, and delegates from the smaller groups report to the entire PA what their groups come up with, and deliberations continue.

○ **MAJORITY RULE**

Simple majority rule (50%[+1] of votes) can be used for most routine 'house-keeping' issues, as well as very urgent, time-sensitive issues. If consensus cannot be reached on very important decisions with far-reaching consequences for the group and/or the surrounding population/environment, then ***super-majority votes*** (*e.g.*, 75%–99%, the actual super-majority percentage to be decided by the PA using simple-majority vote) can be used. To accept important yet less consequential decisions, ***large-majority votes*** (*e.g.*, 66%–74%) can be used.

> <mark>**CAUTION:**</mark> Groups using simple-majority-rule for their decisions almost always have a hierarchy of power, in which the opinions of leaders, experts, or assertive and outspoken members carry disproportionate influence over the rest of the group. Shy persons—or those who have difficulty putting their idea(s) into words—are usually ignored in majority-ruled groups, even if their ideas are just as good, if not better. Minority opinions are easily dispensed with by the majority outvoting them.

Because of this, simple majority-rule groups actually ensure *less* democracy ('superficial democracy') than they seem to promise. Simple majority-rule decisions also are often of less quality/durability, since everyone's ideas were not heard or considered, let alone acted upon. Also, there is the danger of 'internal sabotage' (in many diverse ways) of the decision's implementation by a losing minority.

> **For controversial issues causing conflict within the group, try: a higher super-majority vote percentage; commissioning a sub-group to come up with potential solutions with which to report back to the main group; or putting off the issue until the following meeting.**

Conflict also points to issues that delegates should learn more about *before* **making important long-term decisions. Instead of competing or fighting, people can actually** *use* **conflict to learn from each other and discover new information, which can lead to mutually acceptable resolutions or solutions.** Getting to know others' perspectives and truly *listening* to them does *not* mean facing "lose-lose' compromises, giving up, or being duped.

When (*not* if) an issue arises for which a decision cannot be made, no matter what is done, it is very important to **identify and come to mutual agreement on that issue's** *sub-***issues. This allows seeing the larger, apparently 'insoluble' issue as one that** *can* **be solved at future meetings, if not immediately at** *that* **meeting.**

Another solution for conflict-ridden deliberation is 'Dynamic Facilitation.'

○ **'DYNAMIC FACILITATION' (DF)**
If the emotional temperature of the PA rises, and distrust and anger threaten to splinter it, the facilitator(s)—or a simple-majority-or-more of delegates—can call for "Dynamic Facilitation." Dynamic Facilitation decisionmaking process allows delegates' input to be directed ONLY to the *facilitator(s)*, *not* to other members. After each delegate's input, the facilitator(s) reflect that input back to the entire assembly both as both verbal and written-on-wall-charts summaries. This allows all delegates who—having given input—*know* that they have been truly heard. It also tends to stop personal attacks. These developments keep the emotional temperature low and thus better understanding/awareness can take place. All of this allows high-quality decisions to be co-created, even when the issue at hand at first seemed literally insoluble. (See 'Appendix D: Resources/References: Group Processes—Online' (*p. 145*) for a free *Dynamic Facilitation Manual*. Also see *p. 148* another *DF Manual* source, and *p. 91* for a brief DF description.)

○ **'BRAINSTORMING'**
Brainstorming is a technique that quickly generates many solutions/ ideas to a problem or issue. Members are encouraged to express all the ideas they can come up with about resolving the issue at hand, **no matter how 'unrealistic' or 'impractical'** *any* **idea seems. Absolutely** *no* **criticism or disparagement—verbal or otherwise—of ideas is permitted during this idea-generating process**. *After* the 'no-holds-barred' idea generation, however, each idea is analyzed by the delegates for all possible useful/practical aspects, possibly followed by further brainstorming ideas that arise from them.

○ **'OPEN-SPACE TECHNOLOGY'**

Self-selected groups or individual delegates host impromptu workshops or discussion groups for other interested delegates on topics of the self-selected delegates' choosing. Participants are free to choose the workshop/discussion group of which they wish to be a part. These sub-groups then choose one of their own to present their basic findings before the whole assembly after re-assembling as a PA, which then can act (or not act) in light of them.

○ **'WORLD-CAFÉ'-STYLE BREAK-OUT SESSIONS**

If the issue is time-driven, critical, or there seems no solution in sight, small groups of delegates can meet one or more times during the PA in 'break-out' groups of randomly assigned delegates to discuss and analyze the issue, then re-gather to pool results *via* the facilitator writing these on wall charts/easel pads.

These multiple sub-group activities create a form of 'parallel-processing' within the entire group, which can accelerate its knowledge base and wisdom in the areas being explored. These activities can speed healthful growth, not only of the group as a whole but for all participants in it.

Groups clustered behind spoke — Spokes

• **'SPOKES-COUNCIL' GROUP PROCESS**

The 'spokes-council' is a sub-group of delegates chosen from each small group, at one delegate per small group. These 'delegates of delegates' are 'spokes.' 'Spokes' feed back information between their small group and the 'spokes-council.' **Spokes act as a voice for all in their small groups**, and communicate the breadth of collective thought rather than their own point of view. ==**Spokes do *not* make decisions but regularly consult with their small groups for agreement before an all-groups decision is made. Spokes are rotated regularly, thus avoiding any one spoke gaining too much power.**==
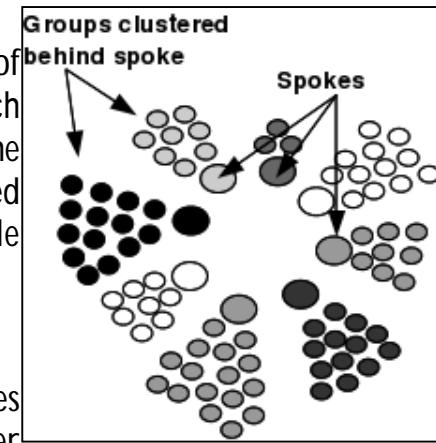
For even larger meetings, the spokes-council model can be *tiered*, so each spokes-council sends a 'spoke' to a second- or third-level spokes council. This basic process can work for assemblies of up to many thousands of people.

• **RESEARCH THE ISSUE(S)** (*see p. 94*, "Research Committees")
  ▪ Identify the issue needing research and suspend deliberation on that topic.
  ▪ Appoint or otherwise allow one (or more) sub-groups to co-create and work as one (or more) research committees that:

- Engage in joint fact-finding into the issue of interest.
- Write down their findings and even co-create a draft proposal.
- Report the findings/proposal(s) back to the next PA for:
  - Discussion,
  - Analysis, and
  - Further decisionmaking/actions

Vital roles in the PA Meeting: *Neighborhood Council Delegates*

The primary participants in the Precinct Assembly (PA), of course, are the Neighborhood Council (NC) delegates who were sent from the NCs within that voting precinct. (Again, the ratio is one (1) delegate for every five (5) NC members.)

At the PA, NC delegates—*via* the facilitator using the various processes in the group-process 'tool-kit' (*see above*)—analyze and deliberate the issues that have been brought to them by the NCs, and then reach tentative decisions/stances regarding those issues.

NC delegates to a PA regularly reflect the PA's tentative decisions back to their fellow NC members (who are thus strongly encouraged to attend the PA for this very reason). Each delegate then receives subsequent instructions regarding the issue(s) from his/her own NC members as soon as they can decide—as a group—what those instructions should be.

Whatever the decisionmaking methods used, the NC delegates (and subsequently all other interested members of the precinct's NCs) pooling their views on the issue at hand as the issue arises is key. Also, equal decisionmaking powers among delegates create more satisfying—and thus more enduring—solutions/responses to the issues.

Note that every NC delegate knows that he/she should step directly into the meeting process if that delegate senses something about the meeting process becoming unhealthy. For example: if there are too many tangential conversations going on; or if emotions get heated and need cooling (*e.g.*, calling for a minute of silence); or any other situation that the member genuinely senses is becoming dysfunctional (*e.g.*, bullying). Calling attention to these will greatly help in any meeting's facilitation.

As facilitation experience is gained by delegates, PA facilitation could eventually rotate between the various NC delegates in a mutually agreed-on manner. Even so, a person who has practiced facilitation before should be used for at least the first several delegate-facilitated meetings.

Vital Roles in the PA Meeting:
Timekeeper and *Notetaker*

In addition to the rotating role of facilitator, the PA also should have rotating roles for:

- a *Timekeeper* (who keeps track of agenda item times and the meeting as a whole), and
- a *Notetaker* (who **keeps a written record of decisions made, such as exactly what the issue was that the PA decided to do, and who would be agreeing to do what, when, and how**).

Vital Roles in the PA Meeting: *Research Committees*

Some issues taken to the PA simply will not have much information immediately available about them until more in-depth research is conducted and the findings reported back to the PA. This can be done by those members who are most interested in the issue and/or its outcome forming a PA issue-***research committee***. Research committee members elect a chairperson who distributes committee duties to those members.

Vital Roles in the PA Meeting: *Representatives of Outside Organizations, etc.*

If an outside organization wishes to send a representative/delegate to the PA, it is completely up to that PA to decide whether or not to receive that person. On the other hand, if representation from an organization or social group is necessary to better understand an issue, a representative can be sought out. The representative from the other organization does not necessarily have permission to sit through the entire meeting—only the part that concerns them (unless the PA decides otherwise).

If such representation is not realistic, yet is necessary to make informed decisions, a call can be made by the facilitator for an NC-PA member to volunteer to sit *in place* of such a representative and speak *as if* the member were actually representing that representative. While the member obviously cannot literally *be* that other and can only *act* as if this was the case, doing this has an important benefit: the NC-PA member is mentally/emotionally put into another's shoes and tries to see the situation from the other's perspective. This is a sure-fire consciousness expander for both the "representing" members and the entire group.

Using such deliberation and decisionmaking processes, an NC-PA can then avoid the sad fate of those in the following tale from ancient India:

The Blind Men and the Elephant
(A very abbreviated version of what must have been a truly historic moment!)

One day, a wandering group of six blind men stumbled across an elephant for the very first time.

But, due to using only their initial perceptions of touch, each then quickly declared the elephant was *most* like something already familiar to him:

a) "A ***wall!***" said the man feeling the elephant's belly.
b) "A ***serpent!***" said another, feeling its trunk.
c) "A **rope!**" said another, feeling its tail.
d) "A *fan!*" said another feeling its ear.
e) "A ***tree trunk!***" said the last one, feeling one of its legs.
f) " A ***spear!*** Said the last, feeling one of its tusks end-to-end.
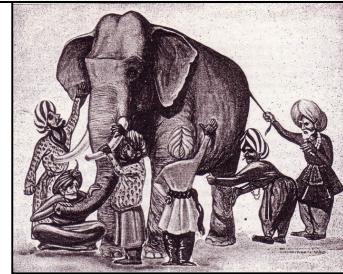
Even though each of them was partly correct, the blind men fell into severe arguments with each other about what the elephant was truly like, and—eventually—even came to fighting each other over the issue.

Of course, the blind men were in disagreement because each had come into contact with a different part of the elephant (*e.g.*, one its ear, another its tail, another its trunk, *etc.*). From that limited perspective, each then extrapolated from that single part of the elephant to the *entire* elephant, thus creating a skewed perception of what the complete elephant was actually like.

(Today one might also add a Maharaja elite who use manipulative 'divide-and-conquer' techniques (and more) against the blind men, something that accurately illustrates some of the roots of many present-day local, national, and international conflicts.)

Yet—instead of arguing—if the blind men had simply pooled together their individual perceptions of the elephant, they would then have been able to generate a more accurate overall picture of the whole elephant (instead of generating bruises).

Yet they did not do so, needless conflict arose, and—in effect—this is jow many meetings end: various sides debating in seeming perpetual conflict about which possesses the most 'correct' viewpoint on the issue at hand.

Healthful* group processes (*e.g.*, [Dynamic Facilitation](#) (*see pp. 91, 145-6, 148*), consensus decision-making (*p. 147*), *etc.*) are designed so the expression of all participants' perspectives regarding the issue at hand is encouraged during their deliberations on that issue.

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*"Healthful" meaning both (a) mutually empowering and (b) free of manipulation by any person or group with ulterior harmful intent regarding the forming of a deeply democratic system in general.

The Elephant in the Living Room

Another 'elephant' metaphor is "the elephant in the living room," 'the elephant' in this case being a major 'third-rail' topic that no one dares call attention to for fear of beginning another cycle of verbal (and sometimes, unfortunately, even physical) attacks, defenses, and counter-attacks (*e.g.*, the proposed national-health-plan "town halls" of 2009 that turned into screaming matches and worse have given vivid examples of what can happen with this).

But when we bump into such hot-button-issue 'elephants' and want to resolve the arising issues, we can *pool* our various perceptions of them together, especially when in an atmosphere of mutual respect and trust-based-on-trustworthiness. By using healthful deliberation and decision-making processes—such as Dynamic Facilitation *(see pp. 91, 145-6, & 148)*—we can avoid at least many of the factional divisions and temptation to break the Precinct Assembly (PA) down into divisions again. This keeps the PA healthy and effective at resolving and ensuring appropriate actions are taken regarding whatever situation we find ourselves in.

Pillar 8: Rapid Replication of NC-PAs across the Nation

Rapid replication of Neighborhood Council - Precinct Assemblies (NC-PAs) (and similar local variants) are essential to solving our current challenges. These challenges are now so large and multifaceted that we have no choice but to solve them *together*, from the grassroots *via* deep democracy—and the sooner, the better.

The Key to Network Democracy: Secure, Publicly Observed, Hand-Counted Paper Ballots

One absolutely indispensable method to make such a network democracy truly effective, however, will be *the complete and permanent removal from our public elections of all:*

(a) Voting and ballot-tabulation machines *,

(b) Manufacturers and distributors of these machines*, and

*(c) Government officials who have been **pre-selected** by those who are manipulating election outcomes—versus those who have been **genuinely elected** by 'we the people.'*

In place of election machines, we must use a system that is based on truly secure chain-of-custody, publicly observed-at-all stages, hand-counted, paper ballots (HCPB). (Please see 'Appendix A: Suggested High Priority Issues for NC-PAs' (*pp. 121–122*) for more on this key NC-PA goal.)

Here are a few suggestions for rapid NC-PA replication:

- Use 'security-culture' (see (*pp. 101–105*) to maintain the integrity of the replication project.
- Precinct Assemblies (PAs) can create tailor-made websites with how-to steps and videos on establishing NC-PAs in their particular county and/or state and downloadable documents and forms to aid in founding new NC-PAs. For example, the website can describe—in a recipe-like format—the basic steps for creating an NC-PA in that county (such as how to obtain voting-precinct voter-registration lists of potential members, as well as the relevant regulations on their use).
- PAs can send a brief description of the NC-PA system, how to set one up, and relevant web-links to vetted, potentially sympathetic individuals and organizations nearby or elsewhere in the PA's county or region.
- PAs can obtain voter registration lists for neighboring voting precincts, and then use these to start organizing the adjacent precincts' citizens into NC-PAs.
- When members move out of a precinct, they can be given the resources to start a new NC-PA where they end up living. Since the new NC-PA will have the replication meme at its core, it will eventually continue replicating from its new location.

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* (Except those by voting-eligible, physically handicapped citizens.)

The Manual for the Neighborhood Council - Precinct Assembly (NC-PA)
Chapter II: The Nine Pillars of NC-PA
Pillar 8: Rapid Replication of NC-PAs across the Nation

Please brainstorm with others for more ideas and write in a few key words about each one here:
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Speedy NC-PA replications into adjacent/nearby areas will give increasing momentum to establishing local, state, and (eventually) national levels of government that are truly of, by, and for 'we the people'—*via* grassroots-based deep democracy, genuine mutual respect, trust based on trustworthiness, and healthful group deliberation and decisionmaking techniques.

Pillar 9: <u>Network Governance from the Grassroots</u>

Voting-Precinct-based 'Network Democracy'
Assemblies of delegates sent from multiple PAs (and possibly similar groups) can co-create assemblies of assemblies—a 'network democracy'—individual PAs formed for diverse purposes, using diverse methods, yet always working together. They can form within various election districts or combinations of election districts. Examples include: city-council member election districts, county commissioners', state representatives'/delegates', state senators', state governors', secretaries of states', treasurers', federal Congress members', *etc.* Again using the "body politic" analogy, PAs can—working in concert together—act like "social organs" that take on various functions within various election districts of our "body politic."

Assemblies of PA delegates in multi-PA gatherings (again using the NC-PA delegate formula of 1 multi-PA delegate per every 5 PA delegates, and if a PA has 2–4 delegates, it can choose 1 delegate for the multi-PA). In addition, as many NC delegates as possible from PAs with the multi-PA's area should attend for immediate back-and-forth consultations. Eventually, 'ascending and descending democracy' will reach down to the individual PA level. In this way, individual NC members can co-create and work together in networks of local self-governing electoral districts.

Through NC-PA networked governance, an individual citizen working within his/her NC-PA can thus directly participate in helping steer the course of his/her society—including its government—throughout geographic areas much larger than his/her voting precinct. Decisions affecting counties, states, regions, and even a nation can be directly influenced by their individual citizens by way of these cooperative NC-PA network governance efforts.

> **Because such network governance enables genuinely participatory democracy extending far beyond the local voting-precinct, NC-PA network governance will deeply impress itself into our collective fate. To make a truly beneficial fate, 'we-the-people' *must* healthfully govern ourselves, from the voting-precinct up to the national levels.**

Inter- and Intra NC-PA Communications
One way to start laying a foundation for NC-PA network governance is to co-create secure communication mediums across one's own NC-PA's area, as well as between adjoining NC-PAs. When these mediums are networked together—whether they are 'word of mouth,' hand-to-hand-passed 'samizdat' photocopies, small, low-power radio stations, fiber-optics, or (*brainstorm and insert key words about more communication ideas on the following page*). These can make significant progress toward this goal.

The Manual for the Neighborhood Council - Precinct Assembly (NC-PA)
Chapter II: The Nine Pillars of NC-PA
Pillar 9: Network Governance from the Grassroots

Brainstormed key concepts for secure internal & external-NC-PA communications:
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Because such communication methods disseminate NC-PA-related information, **they can provide many within their larger communities with information about what the NC-PA has learned about the actual conditions in their society, what these conditions could lead to, and what alternatives are possible.**

Another important goal is the multi-NC-PAs in a school district introducing consensus-oriented-decisionmaking training in public and private schools. This produces extremely healthy traits in the young people so trained, such as mutual respect, truly listening to others' opinions, and seeing the health of the individual as interdependent with the health of the group of which he/she is a part. Consensus training also prepares them for future activities in NC-PAs.

Network governance by multiple NC-PAs evolves organically. Each area served (*e.g.*, a state representative's district, a school district, *etc.*) will have different issues to engage, different cultural traits, *etc.*, so it is definitely not a 'one-size-fits-all' situation. As long as the basic PA format is followed (see Pillar 4: The Precinct Assembly (PA) (*pp. 65–70*) and Pillar 7: Precinct Assembly (PA): Deliberation and Decisionmaking (*pp. 86–96*), multi-PA gatherings can determine and accomplish goals with great effectiveness in geographical areas much larger than an individual voting precinct.

Chapter III: Starting One (or More) NC-PAs in Your Area

STEPS TO CREATING AN NC-PA

> **PLEASE NOTE:**
> **If—at any point after reading the following—you realize that establishing a Neighborhood Council-Precinct Assembly (NC-PA) in your area would not be prudent or safe—for whatever reasons—then consider starting a much simpler "Neighborhood Gifting Group" (or other name of your choosing) with some neighbors instead (see 'Appendix D: Resources/References: Group Processes: Group Exercises: The Neighborhood Gifting Group' (*pp. 137–139*)). Trust based on mutual trustworthiness *can* be established with at least some others by participating in a Neighborhood Gifting Group. One can come to know and eventually come to deeply trust one or more persons in the group and it will be based on personal experience. After such experiences, a founding NC-PA group can later be formed with at least some of these trusted others.**

1.) From the Very Beginning, Recognize the Reality of Surveillance and Manipulation Attempts and Learn Ways to Proactively Prevent Them.

> **Given today's omnipresent 'surveillance society' and the desire of those with the power to prevent a true democracy from emerging, NC-PA co-founders and subsequent members should simply *assume* that they and their meetings will often be 'informationally compromised' to some degree by that surveillance, regardless of precautions taken. So, sooner than later, one must think about how to best engage with that kind of situation.**

(a) To better function as a healthy group in the face of such surveillance and interference, one must constantly research, brainstorm, and learn as much as one can—individually and as a group—on how to securely communicate about sensitive issues. (For example, using non-vocal communications at times during meetings (*e.g.*, writings, both person-to-person and *via* wall posters for the group; agreed-upon hand signals; *etc.*) instead of by voice. In person only and ***never*** online).

(b) Each NC-PA member should become familiar with the basics of 'security culture' (the varied means by which an individual or group can protect themselves from unwanted surveillance and disruptive measures often used to hijack, cripple, or destroy groups perceived to be a threat to various financial and other interests).

(c) As explained in *A Practical Security Handbook* (see link below), "There are many levels to security, but **it needs to be built into your life/campaign/action right from the start**. Picking it up halfway through or afterward is generally too late. When you start planning, think about the situation and the threats that may arise, so you incorporate features that protect your security."

(d) **In light of such a security situation, trust based on mutual trustworthiness *must* form the basis of every new NC.**

(e) Since such trust-based-on-trustworthiness can be difficult for groups larger than >16-20 or so, however, dividing the group into two (after reaching a pre-agreed-to total number of the original group's members) is highly recommended.

(f) With items (a)–(e) in mind—and to further the purpose of the NC-PA system—NC-PA founders and members who can engage this 'surveillance/manipulation' in mutually healthful ways will—in the long run—better their overall situation. (In this context, "mutually" means for *all* parties concerned—for example, genuinely healthful not only for those under surveillance and targets of such would-be manipulation, but also for those attempting the surveillance/manipulation.)

This is why it is essential for an NC-PA's health that the primary consequences of any of its acts always be reviewed to the greatest extent possible by the group ***before*** it conducts those acts. Genuinely mutually healthful acts in this situation should address as many 'system-energy potentials' as can be found.

> *Surveillance is basically an information flow* from the objects under surveillance to those who do the survielling. Yet this same information flow can be used to *transmit* chosen information *to* those surveillers, such as information that *could* help alter the surveillers' perspectives regarding the various issues engaged with by the NC or PA. For example, always remind everyone—even those now working in the survielling organizations—that all will get to participate in genuine democracy when deep grassroots-based democracy triumphs. Also, 'truth-and-reconciliation' events—using an exchange of public testimony in return for legal immunity, similar in some ways to those held in South Africa in the 1980s—can help to heal our society.

Examples of Surveillance/Infiltration/Disruption

Various outside organizations with power, influence, and interest in preventing an NC-PA-style group's success will obviously want to know what's going on in it, as well as to infiltrate, influence, hijack, and/or disrupt that group. Here a few ways they have done that to other groups.

o **Surveillance via 'Smart' Technologies**
Today surveillance can often be done *via* social-media and other 'smart' devices, even including many newer-model home appliances, such as TVs. However, and especially given recent revelations, these devices should always be seen as primary security risks to be avoided as much as possible. (For examples, please refer to this March 2017 *Washington Post* article and the material on which that article was based). *Remove/replace such 'smart' devices—TVs, cars, sensors that are part of the 'Internet of Things,' anything that is even remotely hackable—with non-hackable alternatives and devise alternative communication methods (see pp. 99–100).*

NC meetings are spaces in which members feel enough trust to disclose sensitive and personal topics, so the NC should use techniques that help ensure that all participants have no such 'smart' devices with them during discussion.

Before (and even during) any NC or PA meeting, the room(s) used should also be checked for hidden wireless audio/video transceivers ('bugs'). Also, *all* landline phones at that location should be unplugged. *All* smart' devices—*e.g., smart phones*—should be turned off (or *batteries removed*), and/or placed in a grounded Faraday enclosure (this can easily be made from EMF shielding fabric). Such steps *must* be taken through so that all members who attend feel more assured that they can speak freely amongst persons they trust. Also, the responsibility for these security steps should rotate between members and be conducted to each member's satisfaction.

[**NOTE: Quorum rules (*agreed to in advance*) dictate how many members constitute enough for making decisions in the name of the NC or PA** (*e.g.*, some members don't participate from dissatisfaction with security measures.]

o **The Essential Member**
One common hijacking/disruption tactic is for an infiltrated member to quickly take on key group responsibilities—especially collecting, keeping, and maintaining membership-contact lists—plus attending virtually all meetings without fail, all of which boosts that member's credibility within the group. After waiting for opportunities as they arise—or are made to happen—this 'essential' member eventually can get him/herself into a position of group leadership. When this occurs, the entire group can then be manipulated into mutually hostile sub-groups or changed from its original purpose into a distorted caricature of its former self. The latter scenario often succeeds in: (a) making the NC or PA look 'crazy' to the general public; and (b) turning the group away from the basic premises on which it group had originally been founded—the infiltrator's key goal from the start.

o **Staged Conflicts**
Another common disruption tactic is the staging of fierce yet—at root—fake arguments between seemingly devoted members or sub-groups of the NC or PA. At first, loud arguments/shouting matches break out between two or more group members on issues, but these are more like professional wrestling matches: faked. Their instigators—*though not their later sincere supporters*—are often hostile-to-group infiltrators with hidden-agendas to disrupt, hijack, twist, and then 'weaponize' the group against the public's perception of the group and its goals.

Those who *knowingly* take part in such false strife try hard to appear sincere, fiercely passionate, outraged, and righteously indignant about certain subjects. But those who *knowingly* initiate or take part in staged conflicts can only *imitate* genuine

enmity in their attempts to dupe other group members into supporting one pseudo-side or the other. Those who *knowingly* sow the discord raise primal emotions of anger and fear within the unknowing NC-PA members and tend to encourage those members to choose sides, which instantly polarizes the group against itself.

The end result often is a deeply divided group: two (or more) mutually hostile factions, which either greatly diminishes or completely eliminates the group's effectiveness. Again, the group eventually becomes a caricature of itself for public ridicule, or it disintegrates and its effectiveness is permanently destroyed.

In the online world (which NC-PAs should mostly avoid), to appear more powerful than they really are, those who *knowingly* participate in these pseudo-conflicts often create and use multiple 'sock-puppet' online social-media accounts. A single individual can thus create numerous fake-person accounts to make it seem that many are initiating and supporting the conflict, whereas—in reality—only one or a few are doing so. Extremely similar writing styles common to these posts are a major tip-off that this has happened.

> **Disruptive tactics such as these are virtually endless, which only further emphasizes the importance of the group being based on mutual trust based on demonstrated trustworthiness**.

Yes, knowing that these kinds of tactics are often deployed against a group can be disheartening. But knowing *nothing* about the available security-culture alternatives will *definitely* increase the chances of the group falling victim to surveillance, infiltration, disruption, and hijacking of the group from its original purpose.

'Security-Culture' Information Sources

Good sources of 'security-culture' information can be found at the following online locations. (Keep in mind that some suggestions given by them will not be necessary for your NC-PA. Also, technological advancement in surveillance might make obsolete some suggestions. ***Please use common sense*** when deciding what suggestions in them should or should not be used by your particular group.)

o *A Practical Security Handbook* (v2.7) (2008) < preview.tinyurl.com/yylaa6bm >
  Though somewhat dated and geared to UK-based activists, this remains an excellent source of basic information on security culture. (In spite of its original website having been taken down, archived versions remain on the ever useful Internet-archive site at web.archive.org .)

o *How, Why, and What to Do if Your Group Is Targeted* (2009) < preview.tinyurl.com/n2n7ozu >
  Full of sage advice as to how to recognize and healthfully handle infiltration of a group by those attempting to bring it harm.

- *Security Resources* < preview.tinyurl.com/y2mrj8s7 >
  This page contains several very useful links to other sites that deal with security culture. (Although some links are broken, they can be 'resurrected' *via* the Internet Archive site at web.archive.org)
- *Security Culture for Activists* (~2011) < preview.tinyurl.com/yxdgfhrp >
  Contains very helpful advice concerning most aspects of security culture.

Given the realities of our current situation (those in power oppressing the rest of society, including *via* surveillance, infiltration, hijacking, twisting, and—in effect—weaponizing public grassroots organizations against that public), it would *not* be over-reacting to:

(a) Strictly forbid the bringing of any 'smart' devices—including phones—to any NC meeting, as these can transmit and/or record much of the meeting's audio and visual (*a.k.a.*, "spying").

(b) Request that participants' *not* bring any 'smart' devices,

(c) Require that all 'smart' devices and phones brought to the meeting be placed in a grounded Faraday container/bag, which blocks microwave EMFs and is placed in another part of the meeting site, ideally one visible to all members during the meeting.

(c) Use 'wireless-bug-detection' technologies prior to (and even during, if any in the group feel it to be necessary) *every* NC meeting.

> **These acts are done to help assure NC members they can speak with relative freedom ("relative" because—given the advanced technologies available to those in power—if they want a group surveilled, it *will* be surveilled, regardless of metal or wireless 'bug' detectors, *etc*). So these alone will not stop determined surveillance and infiltration—at least, not in the long run—as those in power have resources and technologies to overcome most of the basic elements of 'security culture.' However, such 'security culture' techniques *can delay* them long enough to allow a group to coalesce into a strong, mutually supportive, and trust-based-on-mutually-perceived-trustworthiness team of individuals that can defend itself much more effectively against such advanced surveillance/ infiltration/*etc.***

2.) Think _well_ 'outside the box'!

- Yes, this is all a *very* tricky situation we're in now, but that's just how things are today and is also why thinking and acting 'outside the box'—while having both feet firmly on the ground—will be crucial to the success of NC-PAs everywhere.

- For a clearer picture of the whole 'elephant of reality' of any given situation and its possibilities (see 'The Blind Mend and the Elephant' (*p. 95*), *stretch your boundaries*—find out what has already been discovered about these possibilities. (For examples, see 'Appendix D: Resources/References: Potential Solutions' (*pp. 151–158*).)

Experiment with ways to find out what some of these possibilities are and to what extent they can work for your group, instead of relying only on past education (and/or other 'programming') for our actions.

3.) Obtain a Current Map of Your Voting Precinct.

- **Voting-precinct maps are available from county or state Elections Divisions or Secretary of States' offices and websites.** Pay attention to your precinct's boundaries. In some areas using 'vote-by-mail' systems, the geographic boundaries of voting precincts are gradually being fragmented. Though these fragments all share the same precinct number, they have also become geographically separated from—though still very near—each other.

4.) Obtain a Current Registered-Voters List for Your Voting Precinct.

- **These registered-voters lists can be purchased for a minimal charge via your county or state's election division or secretary-of-state's office.**
- If you run into administrative obstacles to obtaining a voters' list, please see the National Freedom of Information Coalition website (www.nfoic.org - described on *p. 169*) for tips on how to get such information.

- **It's important that every potential NC-PA member—whether co-founder or subsequent joiner—be in-precinct residents of their stated voting precinct for at least six months prior to joining.** This reduces the chances of initial manipulation attempts made from those living outside the voting precinct's borders. As the NC-PA grows, manipulation attempts will likely be less successful than they would without this minimum six-month residency feature.

- **If—for whatever reason(s)—you have any doubt as to the character of a potential founding member on the voter registration list:**
  - Discover the person offline (by word of mouth, *etc.*). Referring to the experiences of other people whose judgment *you* trust would be important.
  - Find out what you can about that person online (*e.g.,* LinkedIn.com, Facebook, Google search, online court-case searches
  - < preview.tinyurl.com/CourtRecordsByState >, *etc.*).
  - Conduct at least one background check (two *via* different companies, if you can). Two of the more credible companies include **Intelius (intelius.com; search fee ~$30-40)** and **US Search (ussearch.com, search fee ~$15-25)**. Many other companies offer services, but some are scams. (==NOTE==: The accuracy of information in the resulting reports is mostly less than 100%.) To learn more about some of the better background-check companies, please see: www.toptenreviews.com/services/protection/best-background-check-services
  - Seriously consider your own 'gut feelings' about the person in question.
  - Only *then* make your decision(s) as to what the next steps should be (*e.g.,* invite/don't invite that person to one-on-one meeting).

5.) Invite Each Potential NC-PA Co-Founder to a One-on-One Meeting

- **After determining those to invite as potential NC-PA co-founding members, *individually* invite—face-to-face—those whom you have not yet physically met to meet with you face-to-face at a neutral location.** A general appeal for ideas, such as for ways to help the neighborhood become more resilient, is one approach. **During each such meeting, learn how each potential co-founder *truly* feels about grassroots democracy at the neighborhood level.**

6.) Invite Potential NC-PA Co-Founders to an NC-PA Co-Founding Meeting

- **After these one-on-one meetings (ideally, two or more meetings per candidate), invite those who seem most trustworthy to the NC-PA founding meeting.** Invite as many of these as you can, as there will likely be "no shows." In your mailed or hand-delivered (***but not online***) invitation, describe basic NC-PA concepts and how the candidates' unique qualities and participation as co-founders are essential to its success.

- **Many meeting-facilitators/conflict-resolution specialists are often very open to NC-PA concepts and can provide valuable skills to the NC-PA.** Try to find and invite to a one-on-one conversation at least one proficient practitioner, ideally one living in or near one's own precinct. If possible, see the facilitator in action during one of their facilitated meetings. Credible second-hand accounts of the practitioner's facilitation qualities can be helpful, as well.

- **Again, before the meeting, encourage participants to leave behind any smart devices (phones, etc.) and recorders.**

7.) Host the NC-PA's Co-Founding Meeting

MEETING MATERIALS/ACTIONS
- Display maps of the voting precinct on walls (especially those that show the voting precinct in geographic relation to adjacent voting precincts).
- Provide water/teas/coffee, cups, hot filtered water, *etc.*
- Distribute paper pads and pencils.
- At the door and for security purposes, ask all participants to place in a grounded Faraday container/bag any smart and/or recording devices they might have brought with them and ideally place it in a location all can see during the meeting.
- To begin, sincerely welcome all its participants into the conversations that will take place during the gathering.
- Assist the group in agreeing to basic communication guidelines that will then be kept on display for all to read (*see list on p. 62*).

- Describe the core NC-PA concepts in more detail and remind them of the purpose and spirit of these conversations that become deliberations that become decisions that, in turn, become *actions*. Also, the need for confidentiality: **"What is said and by whom during the discussion, stays in circle" (other than some agreement allowing such disclosures).**
- Go over the group's various roles (*e.g.*, facilitator, timekeeper, notetaker, schedules, *etc.*) so that people know what to expect.
- Suggest participants say something about what led them to participate or what they ultimately hope for. Can be done by going around the circle (clockwise/counter-clockwise) or in 'popcorn' fashion (no specific order of participation).
- **Begin the conversation: "What's on people's hearts/minds at the moment?"**
- Be open to the emergence of patterns of thought and behavior that reflect the group's state at any given moment.
- *Practice* deliberation techniques (see Pillar 7: Healthful Deliberation and Decisionmaking (*pp.75–95*)) during the first few meetings, and act *as if* you're part of a new 'Neighborhood Council' engaged with several vital issues of the day, (see: 'Pillar 3: Neighborhood Councils' (*pp. 61–64*) and 'Chapter IV: Your First Neighborhood Council Meeting,' (*pp. 111–117*). Try a few trial runs. As the founding group will—in effect—'birth' the NC-PA for that voting precinct, those in it *must* mutually trust each other *via* mutually perceived trustworthiness. Desiring to help assist that birth will also be key to the NC-PA's success.
- Begin brainstorming and strategizing together for possible ways that the new NC-PA can be gotten 'off the ground.'
- While participating in these groups, members gain an ever better sense of who their co-participants are, which furthers trust building based on degree of trustworthiness. To generate deeper connections, try one or more of the trust-building exercises in 'Appendix D: Resources/References: Group Processes: Exercises' (*pp. 135–150*).
- Suggest that participants can each say parting words, if desired.
- Steps 8–10 offer suggestions for achieving these but are not comprehensive. (The co-founding group will likely come up with other ideas for moving forward, as well.)

8.) Invite Your Voting-Precinct's Residents to a Social Gathering.

- **After its creation, the co-founding group can use the same registered-voters list(s), by regular mail and hand delivery, to invite others in the voting precinct to a 'bring-your-own' meal or similar social gathering, allowing precinct residents to get to know each while learning NC-PA concepts.**

- **Invitation Contents**
  Along with this invitation will be: an introduction to the co-founding group; a brief description of basic NC-PA concepts and benefits; and electoral-district maps showing voting-precinct-based election-district boundaries (*e.g.*, for school-boards, city commissioners, state delegates, *etc.*). Include catch phrases, such as:

- o "Share your wisdom and knowledge with others."
- o "Shape the future of your neighborhood, your county, your state, your nation!"
- o "We want to hear your views about things, such as [*issue examples here*]!"
- **Deliver the Invitations**
  By regular mail or going door-to-door, deliver invitations and other informational handouts to those you've selected from your voter-registration list(s). If hand-delivering, a gender-balanced pair often gets a better response than one individual.

9.) Host the Social Gathering

- **Host the social gathering in a conveniently located, relatively 'neutral' place within the voting precinct (*e.g.*, library, school, restaurant, *etc*).**

- **If possible, include childcare on an as-needed basis for parents of small children who would not otherwise attend, or offer to pay for a baby-sitter.**

- Post both a large map of the surrounding precinct, plus an enlarged version of the "Seven Agreements to Keep a Neighborhood Council Healthy" (*p. 62*), on the wall.

- Describe again to the group the basic NC-PA concepts and benefits.

- During the event, also have basic NC-PA information available from strategically placed information hand-out/pick-up stations.

- Attendees develop a sense of who their neighbors are, the beginning of establishing trustworthiness. **To generate a deeper sense of connectedness, practice some trust-building exercises** (several are described in 'Appendix D: Resources/References: Group Processes: Group Exercises' (*pp. 135–150*)).

- Participants can also write down contact and other information (name, phone, email, core interests, skills, *etc.*), so that all who are interested in joining an NC can be matched with similar persons in their own local area. **However, this information should only be held by mutually trusted NC-PA co-founders, as it is often a target to 'the essential-member' infiltrator** (*see p. 103*).

10) Hold Key Group-Process Techniques Trainings

- **Practice group exercises, since many participants' attitudes toward and permeability to each other's ideas will open as their comfort level to being open to each other increases, sometimes dramatically so** (see 'Appendix D: Resources/References: Group Processes: Group Exercises' (*pp. 135–150*), for examples). **Such exercises should be done before beginning any important deliberations, as doing so will more likely lead to better outcomes.**

- **Conduct precinct-based training workshops in key group-process techniques,** including: using ring-bound, color-coded, card-stock tags that—when held up—visually express the holder's feelings about proposals, decisions, *etc.* (*see p. 84*); the use of formal consensus decision-making process; the use of a 'speaking object'; and the use of hand-signals to express needs/emotions non-vocally during meetings; *etc.* (See 'Pillar 7: Healthful Deliberation' (*pp. 79–96*); the 'Consensus Process' (*p. 147*); and

'Appendix D: Resources/References: Group Processes,' (*pp. 135–150*).) To reduce surveillance risks, before *any* meeting begins, stress the importance of removing the battery from—or, if not possible—truly fully turning off *all* recording devices, cell phones, smart phones, and *any* kind of smart: recording devices--and placing them into a 'Faraday' bag/container made of *grounded* metal, fabric, screening, or other EMF shielding. (Grounding can be *via* simple grounding cords with plugs (the prongs of which lead to nothing—only the circular, tube-like grounding wire is 'real'). One end is alligator-clipped to the grounded Faraday container/bag, the other goes into the circular hole of an ordinary household electric outlet (ground hole). Doing this greatly enhances the blocking of most micro-/millimeter-wave EMFs, into and out of said IoT devices).

- **No recordings of the meeting are allowed, without the group's explicit unanimous approval.**

11.) Transmit NC-PA Basics to Key Local-Deep-Democracy Activists

- Some key local-grassroots-democracy activists you know or come to know who are genuinely sincere about co-establishing a locally based, deeply democratic system like NC-PA (and whom you've background checked and who seems to have *not* become "controlled opposition") can learn NC-PA basics, too.

- **CAUTION: Know that some activists in local grassroots-democracy-aligned movements might already have been compromised or otherwise co-opted/ 'owned' by organizations that will try to thwart the NC-PA.** If any local compromised activists subsequently join the NC-PA effort, there could be—beyond surveillance—attempts to sabotage or covertly manipulate the new NC-PA into ineffectiveness (or worse) *It is vital to avoid such infiltrators as much as possible.*

Four suggestions:

(1) Start *NOW*, not "later." Delays increase unnecessary suffering, not only for the delayer but for the Earth and all its inhabitants. Actions taken now shorten the time needed for a healthy-democracy-based, 'Human Renaissance' to finally blossom.

(2) Reduce TV, increase investigation. Take time from the average U.S. adult's nearly 3 hours of daily TV viewing and put that time into investigating those issues and the possibilities raised in this article that resonate most deeply with you personally.

(3) For further inspiration and ideas, see "The Zen of Global Transformation" by 'Nasrudin O'Shah,' along with its annotated bibliography "Background Books and Articles."

(4) Spread the word, gather together, and actually *practice* techniques of healthy democracy (*e.g.*, consensus decisionmaking process, Dynamic Facilitation, (*see pp. 91, 145-6, & 148*)) in deciding the group's next steps. Share with trusted others these discoveries and other healthy ideas about grassroots deep-democracy activism (*especially those that give* election integrity *high priority*). The individual and group empowerment experienced greatly boosts morale and makes anything seem possible!

Chapter IV: Your First Neighborhood Council (NC) Meeting

Some potential members won't participate for various reasons; plan ahead for this eventuality.

1.   Materials/Supplies to Make Available

- **An accurate timepiece**

- **Writing paper/pads for all**

- **Pencils for all**

- **Displayed map(s) of that voting precinct (especially when shown in relation to adjacent voting precincts and electoral-district boundaries)**

- **Simple snacks (nuts/veggies), drinks, serving/eating/drinking utensils/ napkins/***etc.*** (see '2,' below)**

- **Large newsprint for wall-charts (and scissors),**

- **Easels for posting newsprint pieces**

- **Color-coded markers for writing on wall-charts**

- **Ring-bound, color-coded, card-stock tags to visually express feelings on proposals/decisions. These are shown upon every 'calling the colors.'**

2.   Create an atmosphere in which you yourself would feel genuinely safe to express yourself. Aspects can include (but are definitely not limited to):

- Say to all before entering: "We want members to feel safe to express themselves when speaking. Please turn off and store _all_ of your 'smart' and recording devices in the host-provided Faraday container/bag," and then point out that container/bag.

- **Have plenty of good, basic, freely available drinkables (water, teas, coffee) and edibles (***e.g.***, nuts, chips, ***etc.***)** to start off with. A meeting can go much smoother when we've taken time to talk, eat, and make contact before beginning the meeting.

- **Play relaxing music/sounds** (light classical, nature sounds) in the meeting area.

- **Warmly welcome each member** as he/she arrives.

- **Have** all cell phones and other audio/video-recording/transmitting devices placed into the grounded 'Faraday' container/bag, placed well away from the meeting area to reduce the risk of surveillance (mobile, cell, and smart phones can be <u>used as microphones</u>, even when turned off). Landline phones can be used the same way when they are plugged into a phone-line outlet, which is the reason they should all be unplugged during the meeting). (A Faraday container/bag can easily be made from some <u>EMF shielding fabrics</u> and a stapler)

- **Have quorum rules agreed to in advance—*or first on the first agenda*—** which will define what percentage of the NC's members must be present in order to be have the ability to make decisions in the group's name (a 'quorum').

- **In addition, before the NC meeting begins, the room(s) to be used should also be swept for hidden wireless audio/video transceivers ('bugs').** Any landline phones there should be left completely unplugged from their outlets.

- **As unnecessary as these last two steps seem, all members will feel that they can at last speak freely, amongst persons they trust.   The responsibility for these security steps ('bug' sweeping, *etc.*) rotates between all members and is conducted to each member's satisfaction.**

- The above is a perfect example of the need to be able to trust that whatever is said in the NC stays in the NC (yet still remember that this can never be guaranteed, as any competent adversary will eventually circumvent the protocols).

- **It also is a perfect example of the trust-based-on-mutually-perceived-trustworthiness that the NC's members must feel with each other to be effective and empowering.**

- <u>**Gather together in a circle**</u> shape, either in chairs around a more-or-less circular table or otherwise. Being part of a circle with others instantly helps generate a heightened sense of equality and mutual respect between participants.

- <u>**Flameless candles or other kinds of safe flames**</u> (*e.g.*, tea-lights on a plate) at the circle's center. There's something about a small tended 'fire' in the middle of a circle of people encourages a deeper sense of interconnection.

- <u>**Foster friendly connections between participants**</u> with ice-breakers can also be helpful. One such is to have each participant give the rest of the group a brief 'check-in' as to their name, what attracted him/her to the NC, what he/she hopes to get from the meeting and the NC/PA system, and perhaps a life passion, interest, hobby, or other aspect of his/her life not directly related to NC-PA. (But be aware of time: larger groups (*e.g.*, 20+ people) might allow only a minute or so per individual, while smaller groups (10 or less) can allow more time.)

Start with an Opening Group Ritual/Whatever, Given by a Member.
When the group has gathered, someone—perhaps the convener of that particular NC meeting—can say/do something, such as voicing a poem, a saying, a story, or song—that centers and deepens the NC's members' feelings of unity in diversity, inspiration, *etc.*

3. Remind Members about the Purpose and Spirit of the NC.

○ Say, "It's very important to always remember that we are here not really to debate or persuade but to speak with sincerity, listen with open-heartedness and resilience, reflect on our own views, and seek understanding of others' views."

○ Its purpose is for members to feel safe enough to communicate from the heart. This allows the exploration of members' heartfelt issues, interests, and concerns, as well as how the core issues that are arrived at can best be presented to the Precinct Assembly.

○ The spirit of the NC is mutual trust-based-on-trustworthiness and mutual respect for our own and others' unique qualities and abilities, as well as our healthfully interacting with each other.

○ However, also remind members that—in spite of any precautions that might have been taken to avoid it—what is said in the NC might still be heard or otherwise become known to persons in organizations that will try to thwart the NC-PA movement.

○ Because of that possibility of surveillance, teach the group non-verbal hand movements and colored-tag signals that indicate various things, such as level of agreement, point of order, speak up, *etc.*

4. Agree to Meeting Ground Rules

At the very first meeting, and in order to continue as a Neighborhood Council as described herein, all NC members either unanimously agree to at least agree to accept the group's use of either:
(A) 'Seven Agreements to Keep a Neighborhood Council Healthy' (*p. 62*)**, or**

(B) A set of meeting ground rules having similar effects.

• If any uneasiness is felt about agreeing to such ground rules permanently, a 'sunset' provision can be included, such that the ground rules will be revisited and—as necessary—revised after a specified period of time (*e.g.*, two months).

• Display all group-agreed-to ground rules so that all can see and read them. They can be in large font on one or two poster-size sheets of paper on the front wall, allowing all to read them easily. Another is to copy "Seven Agreements to Keep a Neighborhood Council Healthy," (*p. 62*), make it into a one-page information sheet, then hand these out to members, and/or have them available at conspicuously placed tables.

• Abiding by basic, mutually agreed-to ground rules on how the meetings be run helps ensure that all participants:

(a) **Mutually respect each other** (if not each other's opinions)

(b) **Feel that they can speak freely and, if they wish, without interruption** (up to a mutually agreed-to time limit), using a 'speaking object,' if necessary (see below).

(c) **Practice confidentiality.** Members must agree to not divulge: (a) what was said, (b) who the attending members were during any NC conversation/discussion, *unless this agreement is changed at the end of 1the NC meeting.* But, in general:

> **"What's said in council should stay in council."**

- **At the beginning of all subsequent NC meetings, briefly go over (and have on display) these mutually agreed upon ground rules for participants' interactions.**

- Remind the group that there will likely be a kind of a group 'honeymoon phase,' in which all seems to be going smoothly and pleasantly, until it's interrupted by a disagreement, and then another, and then another, *etc. Using consensus decisionmaking processes (see p. 147) and/or Dynamic Facilitation techniques (see below and pp. 91, 145-6, 148) allows the NC to use the energies of conflict to show what is really going on 'under the surface'; thus, it is engaged with consciously, which is much healthier than engaging with it unconsciously (which creates semi-/sub-conscious symptoms, such as inter-member hostilities).*

- When disagreements inevitably do arise, they are actually to be *welcomed*, not feared! Disagreements will (*if* handled skillfully) allow the group to see more deeply into the issue(s) being deliberated.

- For this *Manual*, conflict is disagreement influenced by anger and/or fear. If a *conflict* is occurring, and that conflict is judged by the facilitator as needing Dynamic Facilitation (DF) and having the group's permission to use it, DF can and should be used. In DF, participants do *not* communicate directly with each other. Instead, *DF participants direct their communications **only** to the facilitator.* That facilitator then verbally restates and writes members' statements, ideas, and feelings about the issues on large wall charts/easle-pads.   This actually tends to lower the group's overall emotional temperature, allowing the group to more deeply understand the overall situation being deliberated.   DF can also greatly strengthen overall group cohesion *via* increasing mutual trust and respect. [*See p. 91* and Appendix D: Resources/References: Group Processes: Online: Dynamic Facilitation (*pp. 145–6*).]

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5. Go over the group's various roles (*e.g.,* Timekeeper, Notetaker), schedules, *etc.*, so people know more of what to expect.

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6. **Review agenda items (if an agenda is used), then briefly explain to the group the agenda-setting procedure.** Members can add items to subsequent NC meeting agendas by passing the item(s) on to the facilitator well before the upcoming meeting date. Also included on the agenda would be an estimated time needed for each item's presentation, deliberation, and anything that puts the item in context. This will be passed along days in advance of the meeting to all participants.

7. **Have Members Use a 'Speaking Object'**

A 'speaking object' can be any hand-held object, but the best engender in each group member a sense of importance about what is being said. **A 'speaking object' allows whoever holds it to have the floor without interruption (except for issues of auditory clarification), either until the speaker is finished or a mutually agreed to time limit has been reached.** This function is used in many NC activities—especially an issue's initial discussion—since a speaking object's use reduces members' mental chatter and cools their emotions. This allows the object's holder to be better heard by other members, instead of being ignored by the other members who are deciding what to say next and/or feeling issue-triggered emotions.

- o **Ideally, the 'speaking object' itself will be something that engenders a feeling in members of respect and speaking from the heart.** Natural objects (*e.g.*, a stick, stone, feather, *etc.*) and handmade items might have this property more than mass-manufactured items.

- o To prevent endless monologues while speaking, time limits should be set in advance on how long a speaker can speak while holding the object. The designated timekeeper plays a key role in this (*see p. 85*).

- o After the person with the speaking object has finished, that person can either pass the object on to the next member in the circle, if that member would like to use it, or place it in the center of the group for any member to take, as needed.

After participating in a few meetings, the functions of the speaking object tend to become internalized by members, and so its need lessens—all are already listening respectfully and with relatively clear and calm minds. Yet it should always be kept ready for use by any member in case emotions run high or a tentative idea needs time to be verbally fleshed out free of interruption.

8. **A Suggested Agenda Ordering**

Have the group do the simple, *easy* agenda items first—such as reviewing the NC's previous minutes, asking for sub-group findings/reports, *etc.*—before tackling difficult or controversial items. The final items will be members' announcements, setting the next NC meeting's day, date, time, and location, a brief meeting evaluation, then a closing group practice, even if a very simple one.

9. Teach NC-PA Concepts

One way to educate others about NC-PA system basics is *via* an information handout summarizing key NC-PA operating information (including the first two pages of "Chapter II: The Nine Pillars of NC-PA" (*pp. 51–52*).

Another way to educate about NC-PA is to use the 'body politic' analogy. In a real sense, a group of voting-precinct residents acting as an NC-PA becomes like a 'body' having:

o **A 'heart'** in the form of Neighborhood Councils' (NCs') members—who will be the heartfelt generators of their neighborhood's diverse issues that get taken up at the voting precinct's larger meeting, the Precinct Assembly (PA).

o **A 'head'—**in the form of a Precinct Assembly (PA) made of NC delegates—that conducts its NC-PA voting precinct's legislative and executive functions.

The PA also:

(a) Learns about its NCs' issues of concern, *etc. via* the NCs' delegates (at 1 delegate per 5 NC members). NC delegates are elected by the NCs' members for each PA session or *via* a rotation schedule (one in which each NC member serves as a delegate to the PA at some point).

(b) Reflects back to *all* NC members the nature of the PA's proposed actions/policies *via* NC delegates and members who participate in the PA and subsequent NC meetings. (No communication should be made via insecure means, such as social media or other online communications.)

(c) Ensures that its NCs' members have enough time to determine subsequent action(s) to take (or not take) regarding whatever issues arise.

(d) Arrives at decisions for policies and actions that all NC and PA participants either enthusiastically support or at least can accept.

(e) (For a multi-PA assembly): Acts as part of a networked confederation of NC-PAs, each based on pooled perspectives of all PA delegates on the issues. Delegates (*not* representatives) who are chosen by a PA must act according to their PA's instructions (*not* requests) on how to act in and when to reflect back to their PA relevant info on that multi-PA assembly.

o **'Arms' and 'legs'**—in the form of the precinct's Neighborhood Councils' members acting together to implement the decisions reached by their PA's delegates.

10. Facilitation

At least for the first NC meeting—and likely for one or more afterward— whoever hosts the meeting should facilitate it. For subsequent meetings, facilitating responsibilities can rotate among the NC's members.

o [For more tips, please refer to 'Chapter II—The Nine Pillars of NC-PA: **Pillar 7: Healthful Deliberation and Decisionmaking Processes'** (pp. 79–95).]

o Begin a conversation. Ask, "What are on people's hearts and minds right now?"

○ Invite the new NC members to air whatever they feel needs airing; virtually any subject is ok (assuming the agreed-upon ground rules (p. 62) are being followed).

○ At start of very first meeting, say, "I—as the facilitator of this meeting—will guide participants through this multilogue process and ensure that whatever agreements made have the names of the people who agree to do them, and when they'll do them, or be renegotiated. If I've asked you to speak no more than 3 minutes and you've gone over that time, I'll signal you; just complete sharing your thought; you don't need to stop mid-sentence."

○ Call on speakers in order of request (usually just by a raised hand) and place in order on a written 'speakers' list.'

○ Help the group clarify issues, focus the discussions, bring out *all* viewpoints (especially of those reticent about sharing them), restate proposals before calling for members' views on them (using those colored-tag rings and 'calling the colors'), and stay neutral while facilitating.

○ Be open to the emergence of patterns of thought and behavior that reflect the group's reality at any given moment.

○ **Near the close of a meeting, the facilitator and/or note-taker should recapitulate *all* agreements that have been made up to that point, as well the 'left-over' issues that should be dealt with at a future meeting.**

11. Feedback

About five minutes before the end of a meeting, request that all participants write down and hand in short, honest feedback about their experience of that meeting—including its processes and facilitation—along with likes, dislikes, and suggestions for improvement. **It is vital to incorporate relevant feedback into future meetings as much as possible**.

Toward the end of the meeting, give members an opportunity to reflect on and speak about what they've learned about the process and any fundamental shifts in understanding of the issues discussed. Offering likes, dislikes, and suggestions as to how the process could be improved is key to having better, smoother meetings in the future.

At the end of the NC meeting, revisit the confidentiality agreement (p. 62 *"What's said in council, stays in council."*) **to find out if there is genuine consensus to keep it for various meeting decisions, *etc.* (if there is such consensus, this will be quick; if there is not, after 5 minutes or so of trying to find it, then the confidentiality agreement stands).**

PLEASE NOTE:
Those who agree to do specific actions during any meeting *must actually perform* those actions. By physically (*not* electronically) sending out 'minutes' (summaries of what transpired at the NC, including who agreed to do what and when) to all participants, the group can come to know itself as a group; this feedback is *essential* for making this happen. Having printed minutes delivered is ideal, since anything sent electronically—in this era of 'Total Information Awareness'—is an extremely insecure means by which to do so. (Nevertheless, encryption technologies (*e.g.*, PGP) for electronic versions might sometimes be a possibility.)

APPENDICES

From Dystopia to Paradise—Evolving Wings

Appendix A:
Suggested Top Priorities for NC-PAs

> ## 1. Reclaim and reform our elections processes such that they truly reflect the will of 'we the people.'

> Since the primary transformative power of NC-PA is based on genuinely fair elections, *all* voting machines* and ballot tabulators must—as soon as possible—be completely replaced by a system that genuinely reflects our votes as we had intended them to be cast (see 'Appendix D: Resources/References: Elections-Related' (*pp. 165–169*). **Hand-counted, publicly observed at all times (by video cameras, if necessary), documented secure chain-of-custody at every stage, paper ballots.**

- From the late 1800s to the 20th century, various non-computerized voting machines were used to manipulate many elections. But the *electronic* variety now in use in virtually all election districts in the United States (courtesy of the federal "Help America Vote Act (HAVA) of 2002") makes such thefts incredibly easier to accomplish. **NC-PAs' effectiveness in any election district depends on election votes for candidates and ballot measures cast by the NC-PAs' voting-eligible, voting-precinct members (and other allied voters) in that district. If a valid vote-counting system (one that truly counts our votes as cast) is *not* in place, NC-PAs will become 'paper tigers' lacking transformative political power.**

- **The greatest problem with our current democracy is not totalitarians threatening it. The greatest problem is we the people who are doing nothing about it and accepting continually reduced rights as if we have to.**

- **If we don't truly know our own election results, any 'we the people' will soon be ruled by a pathocracy.** In fact, most of us have been under such rule for a very long time, so it is essential to start healing our 'body politic' immediately with *authentic* elections. **'We the people' retaking our elections is NOT a 'liberal' or 'conservative,' 'right' or 'left' issue—this is truly a *national-security* issue for all citizens of the United States.**

- **Only election results from h̲and-c̲ounted, p̲aper-b̲allot-based systems with secure-chain-of-custody and public-observation at every stage, (or HCPB+) should be recognized as valid and binding on 'we the people.' Past results from any systems falling short of these qualifications should be considered invalid.** Systems similar to HCPB+ are successfully used in authentically democratic nations around the world (*e.g.,* Sweden, Switzerland, Ireland (since 2004), Germany (since 2009), New Zealand, *etc.* (Some of these, however, apparently do not use genuinely publicly observed and/or secure chain-of-custody vote-counting protocols)).

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* (Except those that assist voting-eligible, physically handicapped citizens.)

1. Reclaim and reform our elections processes such that they truly reflect the will of 'we the people' *(cont'd)*

- **Each NC-PA member will have ideas as to how to make their precinct, county, state, and national public elections only use HCBP+ processes**. A wide variety of tactics can be developed and shared between NCs, PAs, and multi-PA assemblies to finally ensure genuine election integrity at all levels of government. Because each election-machine situation at any given governmental level will be different, the tactics used will vary widely. **But the goal is always the same: HCBP+ to be used in *all* public elections. This should be every NC-PA's primary goal, for genuine election integrity is the means by which the NC-PAs' other goals can be realized much easier and faster (or at all).**

2. As a general rule, avoid collaborative efforts with most government officials/agencies *until*:

(*a*) All public elections are genuinely fair, and run and administered by 'we the people' within the jurisdiction in which governmental collaboration is being considered;

(*b*) All elected officials in office in that jurisdiction have been elected as in (*a*) above; and

(*c*) All appointed government officials in office have been appointed by these fairly elected officials.

Until 'we the people' have genuinely retaken our elections, so that *all* are fairly conducted, and that *all* elected and appointed government officials in office are there ultimately *via* such fair elections, *most* (though not all) government officials and agencies—from local through national levels—simply cannot be trusted in collaborative efforts with NC-PAs.

- *Why?* Because currently in-office government officials have too often not been genuinely *elected* into office by 'we the people' in elections (or appointed to office by those who themselves have often not been genuinely elected). Too often, currently in-office government officials are increasingly *pre-selected* by others *via election thefts*. *Those so pre-selected to office are obliged to serve those others instead of 'we the people,' because we don't keep them in office—others do*.

- Thus, an NC-PA's collaborations with some of these officials/agencies could, in effect, allow existing 'rogue elements' associated with them to spy on, manipulate, and/or disrupt an NC-PA's activities much more easily. Their rationale would be that the NC-PA system represents the antithesis of the current corrupt system, which now gives such rogue elements their power.

- Nevertheless, an NC-PA that decides to conduct a *consultation* with an expert who happens to work for a relevant government agency (for example, a local 'permitting-process' expert who works in a county's planning bureau) would likely not be cause for quite as much concern, as this would not involve collaboration with (pre-s)elected officials but simply consultation with relevant government employees.

Appendix B:
Group Disruptions—Healthful and Unhealthful

Healthful versus Unhealthful Disruption

Using Healthful Disruption to Counteract Unhealthful Disruption

In truly extreme situations, such as in response to unhealthful disruptions (*i.e.*, attempted hijacking of the group by hostile-to-NC-PA interests), genuinely *healthful* disruption of a Neighborhood Council (NC) and/or Precinct Assembly (PA) can be used. However, because of its inherently destabilizing nature, this should only occur in truly exceptional circumstances. For example, an NC or PA that is actively being hijacked, and and/or is behaving in ways that truly endanger the group and/or innocent outsiders, could itself, in effect, be disrupted by part of that group, the unhealthful disruptors excluded from the group, and then the council or assembly could be set back on a genuinely healthful course. The precise means by which NC or PA members can healthfully disrupt an already unhealthfully disrupted group cannot be known in advance, however, until the situation occurs, as every situation is unique. However, some broad concepts still apply:

- **More than one person will be required.** For NCs, if no one else in the NC is interested in healthfully disrupting an NC or PA that is being unhealthfully disrupted, then the member who wants that should find others who share that person's concerns (or else start another NC with others of the original NC who want no part of a hijacked group). For PA's, the following option can be used.

- **The facilitator of the group must play a major role.** An NC's/PA's facilitator (if experienced) can defuse unhealthful disruptions before they get out of hand by changing the facilitation format to that of **Dynamic Facilitation** (DF) (*also see pp. 91 & 98*). Explain to the group that—in Dynamic Facilitation—all participants can speak directly to and **only** to the facilitator,**not** to each other. (See Appendix D: Resources/References: Group Processes:…, (*pp. 145–146*) for **free** 'how-to' manuals for the DF process).

  The facilitator then writes these issues/ideas/potential solutions/emotions/*etc.* on wall-chart/easel papers so all can read them. This usually also significantly reduces interpersonal conflicts (whether genuine or—to some extent—even 'staged' conflict), thus allowing all members to contribute without fear of being directly verbally attacked. If any do such attacking, they should be warned against doing so once.

If participants continue to directly, verbally attack other members, the group can use the following options:

- **A super-majority (*e.g.*, 75%) of the NC or PA can exclude one or more of that group's members who are unhealthfully disrupting that group.** In most cases, a majority of the group's members needs not only to recognize the member(s) behavior as disruptive and unhealthful to the group, but also to exclude the member(s) from further participation in the group, if necessary.

  Because such exclusion runs against directly with NC-PA's *in*clusive nature (for the voting precinct's voting-eligible residents), exclusion of one or more members—though rarely necessary—could prove very challenging, physically and emotionally. If hostile 'sides' have developed, the sides' 'leaders' will probably engage in staged-yet-genuine-appearing, very heated verbal conflicts. But they are really just attempts to force undecided members to choose 'sides' faster, thus neutralizing the group's effectiveness—exactly the unhealthful disruptors' goal.

- **If an NC is being hijacked, yet the hijackers cannot be excluded, the disrupted NC can split into two NCs.** This would at least separate those with hostile-to-NC-PA agendas from those who desire to co-create a healthfully run NC.

1.) Regarding Disruptors

a) Preliminary Actions to Take: Preliminary Actions to Take

i) Avoid using overly-precise and/or 'written-in-stone' depictions of how psychopaths/disruptors/agent provocateurs/infiltrators/*etc.* are supposed to act, while keeping in mind that they often do display certain *behavioral patterns*.

While following guidelines to spot hostile-to-group disruptors, *agent provocateurs,* and/or their collaborators and agents is necessary, beware using overly precise depictions, which easily become dogma, leading to false judgments, mistaken exclusions, and unnecessary suffering.

ii) Be Aware of Hostile-to-Group Behavior Patterns of Disruptors, *etc.*
Nevertheless, certain behaviors can be described in general. Some characteristics include various combination of:

- Emotional shallowness
- A grandiose sense of self-worth, egocentricity, and narcissism
- In interpersonal relationships, an inability to commit to the long-term
- Consistent emotional manipulation (*e.g.*, flattery, appeals for pity)
- Repeatedly lying and twisting the meanings of words to absurd degrees
- Sometimes develop a high degree of charisma (though not all psychopaths are charismatic), as well as foolhardy boldness and fearlessness.

1.) Regarding **Disruptors** *(cont'd)*

Hostile-to-Group Behavior Patterns of Disruptors, *etc.* *(cont'd)*

- A lack of genuine remorse after acting in unethical ways that cause others to suffer—and even taking it humorously

- When 'caught in the act' of unethical behavior, strenuously denying responsibility, and often attempting to shift blame onto others.

iii) Background the Disruptor. ==Find out what sort of person this member really is.== If a growing number of members sense the member in question 'somehow doesn't feel right,' 'doesn't pass the smell test,' or 'has some creepy vibes,' and/or other intuitive sensings (as 'unscientific' as these might seem), start paying closer attention to the member(s)'s past and present behaviors. This could include a professional background check on that member (if one has not already been done). Criminal records checks are usually available for ~$25-40, depending on the check's comprehensiveness. Work histories are also important.

Some of the reportedly more reputable background check companies are:

- Intelius (https://www.intelius.com) (comprehensive search options): ~$30–$40

- US Search (https://www.ussearch.com) (has comprehensive search options): ~$15–$20

- Pipl.com (a basic identity-checking service)

- State and county court-case records, usually available online **free for basic information**

b) Actions to Take During Disruptions

i)   **See through attempts to divert attention.**   In your quest for this information, be aware of potential disinformation and its purveyors.

ii)   **An infiltrator or psychopathically oriented person—especially one facing exposure—will often ironically be among the first to warn of the imminent threat to the group posed by psychopaths and infiltrators. Becoming blameless as 'just the messenger,' the user of this technique deflects attention away from themselves and onto other members.** "Watch out for the infiltrators in *this* group! In fact, look how [*insert a another member's name here*] has been acting that way…! But—*hey*—I'm just pointing this out; I'm just the messenger, trying to help the group stay healthy."

Is this 'crazy-making'? ***Yes, it can be very crazy-making, but it happens anyway.*** So it is far better to have been forewarned about it and similar behaviors than to remain ignorant of them and subsequently have to suffer through the consequences.

Psychopathic and Infiltrator Disruptors *(cont'd)*

2.) For All Unhealthful Disruptors

Preliminary Actions to Take

> **i) Watch for consistent, highly dysfunctional, unhealthful-to-group behavior(s), such as physical/emotional violence, obvious emotional derangement, *etc.*, regardless of whether the disruptor's own emotions during the disruption were genuine or merely an act. Start a written log of events, with columns for day/date/time/event/witnesses/*etc.***

ii) One to two Neighborhood Council members can serve as 'sergeants-at-arms' who will be able to physically separate from the group, calm down, and—if necessary—bodily remove any person(s) who refuse to leave a meeting that they are severely disrupting. If one or more disruptors become violent or otherwise physically hazardous to others in the group, the 'sergeants-at-arms' help to protect the rest of the group from that disruptor, while also not harming the disruptor(s).

iii) Only when situation described in item 2 (above) has been reached or surpassed should outside authorities be called in, but this should be done only if necessary.

iv) If absolutely necessary, record the disruptor's behavior as he/she acts to disrupt the group—at least on audio, but ideally on both video and audio. This can help convince other group members later what the disruptor(s) actually did. Since this tactic requires presetting recording device(s), you must (a) know the laws in your state on the recording of 3rd parties; and (b) be able to resolve any ethical concerns arising from this technique.

v) Gather as many witnesses as possible who are willing to offer testimony, if needed, regarding the disruptive acts committed by those disrupting.

vi) Hold a strategy session with trusted others as to how to handle the disruptor.

vii) Set guidelines for the disruptor for further group involvement and carefully monitor that person's subsequent activities when the group is session.

viii) In front of witnesses, politely yet firmly confront the person in question and state the reasons for the group's discomfort with their behavior. Carefully watch and note (and, if absolutely necessary, record) their reactions.

ix) If the disruptions continue, the group must firmly request that the person to leave the organization immediately. Such a severe action should require a super-majority vote of at least 75% of the vote.

Appendix C:
Human Prehistory and the Rise of 'Pathocracy'
Pre-historic Psychopathy

(For evidence supporting the following information, please refer to the 'Human Prehistory...' section (pp. 159–164) of 'Appendix D: Resource/References.')

Figure 1: Culture and Stress in Human History
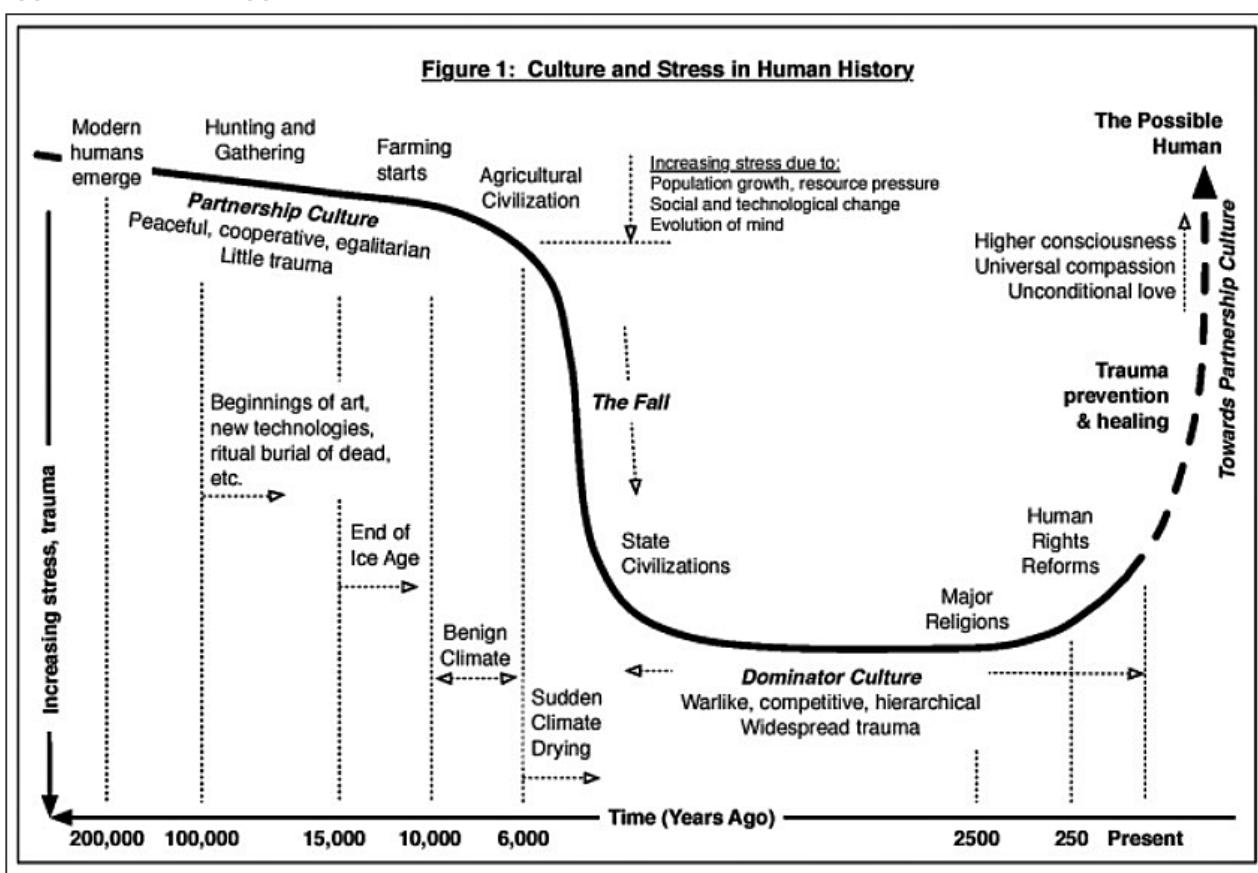
Although their numbers are small—only about 1% to 5% of a population (depending on expert consulted and standards used)—psychopaths have an emotional-behavioral-biophysical disorder that, though still not well understood, has had severe repercussions on the rest of humanity for thousands of years.

Though a very small percentage of humans with little-to-no empathy for others have been around for as long as humanity has existed, today's societies face radically different situations. This is primarily due to ever more powerful technologies combined with extremely hierarchical social, economic, and political institutions. 'Exotic' weapons technologies

Although prehistoric evidence pointing to warfare certainly does exist, prior to about 5,000 BCE it appears to have been very sporadic and trails off to virtual non-existence the farther back in time one looks. The earliest possible warfare evidence uncovered so far is from about

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11,000 BCE in what is now modern-day northern Sudan, where 59 skeletons were found, some amidst conjectured projectile points. Yet, other than that single site, of the many hundreds of pre-11,000 BCE Homo Sapiens skeletons uncovered so far, only about twelve clearly show interpersonal violence (just where within-group 'murder' ends and inter-group 'warfare' begins remains a contentious area).

The next phase seems to have begun in what is now modern-day northern Iraq. The climate began to abruptly shift—ironically to wetter conditions—around 8,000 BCE. Skeletons with arrowheads, village defensive walls, and maces have been uncovered in three early farming sites. Yet, even so, **the vast bulk of archaeological evidence elsewhere at this same time period points to most of humanity continuing to live in relative peace and harmony with both itself and Nature.** Also, since most of the 'maces' uncovered in this and other areas from about 8,000 and 4,500 BCE are small, flimsy, and truly useless as weapons, they are conjectured as having been symbols of authority, instead.

Paradise Found
For ~4,000 years—9,000 BCE to 5,000 BCE—virtually all the Sahara Desert—or most of North Africa—was truly a paradise, supporting various types of trees, shrubs, and grasses, rivers, creeks, bogs, lakes, and many different animals. As far as is known, the various human tribes living there were more cooperative and gender- and Nature-partnership-based than is our current society. These tribes, as well as many other Earth-and-Spirit-based peoples from all times, provide us with the evidence for their existence.

Hard Times
Around 5,000 BCE, however, the relatively small numbers of psychopaths in certain societies began to have (and still continue to have) monumental consequences through the centuries. These consequences have been channeled particularly through currently dominant 'Western' societies that have their ultimate cultural roots in European/Middle Eastern cultures during and after the time of North Africa and the Middle East's rapid desertification.

Most of the earlier societies had long since been transmuted into hierarchical, anti-cooperative (that is, anti-cooperative outside of one's clan/tribe/group/class), pro-authoritarian ones. This skewed cultural evolution has caused continuous suffering from the relentless trauma that is deeply rooted in this period of human prehistory.

We return to the fact that repeated severe trauma, especially in one's formative years, helps to create psychopathic personalities, who then (to no one's surprise) tend to act psychopathically, including using physical violence against others. As neuroscientist James Fallon points out, "**Brain damage, especially… in childhood, is a critical factor in the creation of a psychopathic person.**"

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Epigenetic factors—methyl groups that physically attach to DNA (and are also inheritable)—can play a key role. For example, young people exposed to extreme violence and traumatic situations often acquire abnormal amounts of methyl-groups attaching to certain parts of their DNA ('epigenetic factors'). These particular factors affect behavior by inhibiting the expression of the DNA's parts (*e.g.*, reducing the degree of empathy felt for others—a kind of empathic numbness—and all the pathological behaviors that results from that).

Researcher Jack Pemment describes how this can affect entire societies: "If a brutal father expects a son to follow in his footsteps, the son would be exposed to the father's profession, which—if violent, such as soldier, assassin, guard, or fighter) would expose the child to the tragedies responsible for stymieing his/her neuronal development. This would promote a succession of [violent] cultures through the ages, especially if it became socially accepted, which violence … usually is."

Abrupt desertification of North Africa—caused by long-term, rotational cycles of the Earth—climaxed between 4,000 to 3,500 BCE, creating vast sandy deserts, making that which existed before seem a Neolithic paradise in comparison. There had been many game-animals, savannah, rivers, lakes, even forests, and most of these had human populations. Those living there thus had to contend with the sudden appearance—in some areas within just two generations—of what ultimately became today's Sahara Desert and adjoining desertified areas (*e.g.*, the Arabian Peninsula).

The extreme nature of this event—along with other factors, such as increased social divisions leading to social hierarchies, wealth determined by livestock that needed new pasture lands, establishment of adjacent sedentary farming communities, *etc.*—enabled a radical cultural mutation of many of the various tribes and peoples who had been inhabiting these areas, a mutation that definitely would have encouraged the rise of psychopaths to top leadership positions in both secular and religious areas.

During the abrupt climate shift, North Africa suddenly became a very harsh place to live, indeed. A time of increasing trauma was experienced by many, especially children still in the process of growing up. They, in turn, would pass on that trauma to subsequent generations by various means. One example is *via* social memes that evoke needs for wars and the severe hierarchy these wars demand. Another example likely was through epigenetic means, as we have seen above.

Enter the Psychopaths

During desperate times, ruthlessness—usually a psychopathic trait—can become a survival trait. Yet it is how ruthlessness is physically expressed that determines what happens to those who are affected by it.

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For both defensive and offensive reasons during and after the abrupt climate shift, North African and Middle Eastern cultures apparently became increasingly hierarchical and male-warrior-dominated. The field in which psychopaths in general can truly excel is warfare. Not many other fields specialize in committing unspeakable atrocities with regularity (provided the others are 'the enemy').

Many tribes in North Africa survived this abrupt climatic shift by moving into the eastern parts (with their own indigenous peoples), eventually into and beyond the early Dynastic Egyptian civilization.

The times being what they were, various tribes fell to marauding and raiding each other; eventually, this behavior was transmitted to others far beyond North Africa. Like falling dominos, this cultural mutation happened in spasms of often (but not always) violent tribal invasions that displaced peoples who—in turn—invaded others, eventually fanning out across North Africa and on into the Arabian Peninsula, Anatolia (modern-day Turkey), then northwest into Europe, and northeast into Asia. By 5,900 BCE, Anatolia already had its own nascent warfare-based culture, probably in response to a drying climate. More peaceful, partnership-based, indigenous cultures existing in the path of the warlike cultures were either obliterated or absorbed into the conquering invaders' warrior/priest-based, hierarchical cultures (though the latter sometimes ended up wearing a veneer of pre-conquest cultural elements, often of a Goddess-based religious nature).

The earliest known site of a warfare event (as opposed to a major war or murders committed by others within a society) is called 'Nemrick 9' in (ironically) present-day Iraq, which dates to about 8,700 BCE. However, although many out-of-area arrowheads were found, only three skeletons were discovered bearing signs of having been killed during a battle.

The earliest known site of a major human war is in (ironically, once again) modern-day northeast Syria, close to the southern border of modern-day Turkey. A walled city called 'Hamoukar' was apparently attacked by people calling themselves 'Uruks' who came from another walled city—called 'Uruk' (from which comes the modern-day country name of 'Iraq')—in now southern Iraq. This war has been dated to have occurred around 3,500 BCE.

Hope

Even so, always remember: humanity (as Homo Sapiens) has been on Earth for *hundreds of thousands of years* before any of these warfare events, and there is extremely little evidence for warfare in most of that time (shrinking to virtually zero evidence the further one looks back in time). This is not due to a shortage of archeological evidence (the amount of archeological evidence remains constant) but instead to a genuine *lack* of evidence for group-on-group warfare. This, in turn, is evidence that points to more peaceful and harmonious societies.

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Misc. Geographical/Cultural Changes Triggered by the Abrupt Climate Shift

- According to genetic analysts, a "mysterious event" between 3,000–4,000 BCE suddenly put the genetic markers of Anatolian peoples into the DNA of the remnants of the peoples who had lived in the highly successful, pan-European culture. Most likely, this meant that Europe had been invaded from the southeast by peoples with those genetic markers, who then interbred with the indigenous peoples they encountered. Over the next several millennia, many of the new markers were subsequently further replaced by yet other markers coming from yet other peoples invading Europe, including from the southeast *via* the Iberian Peninsula (modern-day Spain and Portugal).

- Burial sites in today's southern Libya in North Africa show clear progressions from (a) both genders being buried together to (b) increasingly only males increasingly buried under large and elaborately laid rock heaps (tumuli), which started around 3,000–2,500 BCE. This seems to show a clear division based on gender, as males apparently rose in prominence in the societies that erected them.

> In hindsight, **the abrupt, relentless, and rapid desertification of what is now the Sahara Desert and adjacent regions had the effect of reinforcing and 'setting into stone' a social system based on continual warfare and the rigid hierarchy that such a system demands. Hierarchies enable psychopathic people to rise quickly to the very top of their hierarchical system.**

This has not only continued ever since but has resulted in most of the diverse ills of our current society—and lately our entire planetary biosphere. (See 'Appendix D: Resources/References: Human Pre-History and the Rise of Pathocracy' (*pp. 159–164*) for descriptive references.)

Appendix D:
RESOURCES/REFERENCES

Group Processes (*this section contains the 'Consensus-Process Flow Chart,' p. 147*)

Group Exercises

1. The 'Eye-Gaze/Trust-Build' Exercise (*a.k.a.,* "The Mona-Lisa-Smile Technique")

This exercise increases empathy and trust between participants, and often leads to smiling people (thus "the *Mona-Lisa*-smile" reference…).

1. Please maintain a quiet environment during this exercise.

2. Participants pair off with someone they don't know (or whom they know least) and face each other, sitting at a table on chairs, on chairs with no table, on cushions on the floor, or whatever feels most comfortable to each pair

3. Suggest that participants close their eyes, take a few long slow deep breaths, just be in the present moment, and relax their body.

4. After a moment in this closed-eyed mode, suggest that participants remember a time—whether recent or ages ago, long in duration or brief—of either:
   (a) A very special place or experience in their life that they hold dear
   or
   (b) Someone whom they deeply loved and from whom they felt deep love in return.

5. Regardless of which memory used, urge participants to remember and feel that memory—vividly and with as many senses as possible.

6. Spend at least one minute in this closed-eyed, remembering mode.

7. Now suggest participants open their eyes and gaze at the person they face.

8. Encourage them to spend at least a minute in this opened-eyed, gazing mode (but less if too much discomfort with the exercise is felt by either member of any pair).

During and after this exercise, participants will often feel:

* Genuine care by the other person in their pair, even if they had never met before

* Greater empathy for the persons at whom they gaze

* Greater trust in that other person in their pair

* Greater empathy and trust for the other participants in the exercise.

Group Processes (*cont'd*)

Group Exercises *(cont'd)*

2. The 'Overhearing-Praise-behind-Your-Back' Trust-and-Team-Building Exercise

This technique was promoted by Barbara Sher, author of the landmark 'success-team' manual, *TeamWorks!: Building Support Groups that Guarantee Success.*

By its conclusion, this will leave many (if not all) feeling much more trust and goodwill for each other:

(A) All participants bring their chairs/seats into as close a circle as reasonably possible.

(B) Each participant receives paper and pen/pencil and is ready to write.

(C) Starting with the most extroverted or outspoken person in the group, go around the circle, and—one at a time—each circle member turns his/her back to the others, so that—although unable to see the others—he/she can still hear what they are saying.

(D) For two to three minutes, in 'popcorn' fashion, each of the other members verbally express to each other—as precisely as possible—the *positive* qualities that they either suspect or know that the person with his/her back turned has. (Only *positive* qualities are allowed expression in this exercise.)

(E) **The member with back turned receiving this praise should write down the basics of what he/she hears each of the others say about him/her.**

(F) To minimize times of no one being able to come up with any praise, participants should use their intuitive senses and even get playful (*e.g.*, "I can easily see X making good friends in whatever situation he/she finds him/herself in, even if it was in the middle of a battle!")

(G) During moments (or pauses) between praises, those who feel a need to 'rescue' the person with his/her back turned should speak next to last, (with the last members being those who personally know the person whose back is turned). Members who are usually quiet also need an opportunity to contribute their unique perspectives. Only after the others (again, all of those who do *not* know the person with his/her back turned) have said all they have to say should then any 'rescuer' member(s) give their contributions (and 'mend' whatever they feel needs 'mending').

(H) Circle members who personally know the person with his/her back turned usually should speak last, as they often will feel expected to say only the 'right' good things. After hearing others' offer unique perspectives, though, they often express fresh insights.

This exercise gives its participants dazzling new looks at themselves and they will tend to bond emotionally with the group, which will be key to keeping a forming NC intact.

Group Processes (*cont'd*)

Group Exercises *(cont'd)*

3. The Neighborhood Gifting Group (NGG)

> **PLEASE NOTE**
>
> If—at any point—you realize that starting a NC-PA in your area would not be prudent and/or safe to do, consider instead starting a (much simpler) "Neighborhood Gifting Group" with some nearby neighbors instead. **In a Neighborhood Gifting Group (NGG), trust based on trustworthiness can be established; one can come to know and genuinely allow trust in one or more others, as this trust is based on personal experience. With at least some of these trusted others, an initial NC-PA group can later be co-created in that area.**

A Neighborhood Gifting Group goes beyond mere exercise; it is a regularly held (*e.g.,* weekly/bi-weekly) gathering of neighbors who share resources and time with each other. Over time, NGGs build deep bonds of trust among participants and generate community economic and social resilience, dovetailing perfectly with an NC-PA political system.

As few as two can start one, but ten (10) is the maximum number of gifting circle members.

(A) To begin, all participants should try to sit in a circle (or as close to one as can be arranged)—whether in chairs around a table, sitting on cushions on the floor, or however else they wish to assemble. This circle forms around a center point, at which can be set an object that focuses the members' attention, and/or reminds them of the group's basic purpose.

(B) Each participant takes a turn (in 'circle-round' fashion) telling the others 1 or 2 needs he/she has, such as, "A ride to the airport next week," "Someone to help remove a fence," "Used lumber to build a garden," "A ladder to clean my gutter," "A bike," or "Office furniture for a community center."

(C) As each states unmet needs, others can break in with either offers of things/services that will meet the stated need, or suggestions of how to meet that need.

(D) When all have had their turn, each member again takes a turn (in 'circle-round' fashion), this time stating something that he/she would like to give away (gifting offers). For example, giftings "graphic design skills," "the use of my power tools," "contacts in city government to get something done," "use of a bike," "a ripening fruit tree to pick," *etc., etc., etc.* Giftings can be almost anything: time, skills, material things, the use things, services, *etc.*

(E) Again, as each person shares his/her gifting offers, anyone can speak up and say, "I'd like that," or "I know someone who could use one of those," *etc.*

(F) During both of these rounds, *it is essential that at least one of the parties writes down exactly what the transaction entails and then gets those notes to all parties concerned by the following day*, whether *via* email, web page, blog,

Group Processes (*cont'd*)

Group Exercises (*cont'd*)

3. The Neighborhood Gifting Group (*cont'd*)

(F, *cont'd*) hand-delivery, or however. Otherwise, it's just too easy to forget exactly who was in need of or who was offering what. **Also, each gifting offerer or requester needs to write down the name and contact information for each person who wants to give something to or receive something from him/her.**

(G) **It is vitally important for offerers and requesters to *follow up* on their offerings and requests. Otherwise, the Gifting Group will end up feeding cynicism rather than community.**

(H) **The Neighborhood Gifting Group then has a third round, in which people express gratitude for the things they have received since the last meeting.** This round is extremely important because witnessing others' generosity inspires generosity in those who witness it. Expressing gratitude also confirms that the members of this group give to each other, that these gifts are recognized, and that each participant's gifts are both appreciated and reciprocated.

Needs, gifts, and gratitude. Simple steps, but the effects are very positive.

Neighborhood Gifting Groups and other gift-based economies allow us to become more independent from our current money-based economy. When participants give things to those who need them, those who now have them won't have to buy any (*e.g.*, someone won't need to take a bus to the train station tomorrow; someone else won't have to buy garden supplies; *etc.*). **The less we use money, the less time we need to earn it, and the more time we have to contribute to (and receive from) the gifting economy.** This is a classic example of an 'economic virtuous circle'

Also, Neighborhood Gifting Groups reduce our production of waste. If people in an area have unused filing cabinets, they can just give it to someone else in the area who needs one. Then there is no need to pump oil, mine metal, manufacture a filing cabinet, and then ship it long distances to the person who needs one.

When we are part of a gifting economy, we experience no loss of quality of life—our material lives are just as rich, yet require less money and less waste.

Finally, Neighborhood Gifting Groups create a common-wealth: a reservoir of gratitude that will see them through any hard times of turmoil or if the surrounding society starts falling apart. While a widespread, gift-based common-wealth could actually hasten the collapse of a growth-dependent money system, it would also mitigate its severity.

Group Processes (*cont'd*)

Group Exercises (*cont'd*)

3. The Neighborhood Gifting Group (*cont'd*)

The Gifting Group During 'Lockdown' Conditions
When a Neighborhood Gifting Group is operating, it can also do so in 'lockdown' conditions, reduced social contact, masks, curfews, *etc.* **Gifting groups perform truly necessary public services, and can adapt to the conditions in which they find themselves.** Today, this adaptation might include keeping a minimum distance away from others, mandatory masks, and there being no more than the state or local government-mandated-maximum of persons allowed at any single gathering.

When promoting the gifting group, emphasize the group's commitment to public health safety recommendations such as those mentioned above.

Yet even if it becomes impossible for a neighborhood gifting group's members to meet physically, they can still use a 'many-to-many' (M2M) *low-tech* approaches: one or more members is trusted enough by the entire group to be in charge of listing the various resources and needs on paper, duplicating them, and distributing them to all members, either in person or by having others distribute. (Ideally, for increased security, these M2Ms should not be mailed, but this might not always be practical). After a certain time period (*e.g.*, two–four days), the members' various responses to those resources and needs are collected, printed out, and then manually distributed to each other member's door.

<u>**Group Processes**</u> (*cont'd*)

Group Exercises *(cont'd)*

4. <u>Creating an NC or a PA Action Plan in Four Steps</u>

By asking a series of basic questions, you can identify issues, targets, goals, activities, and timelines to create an Action Plan that will lead to success.

Step 1: Ask the "What" Questions

Begin your action planning process, answering the "what" questions:

   1a: "What Is the Issue?"
   1b: "What research needs to be done?"
   1c: "What are our goals?"

Step 2: Ask the "Who" Questions

There are four key groups of people that must be considered when developing an action plan: targets:
   2a: "Who Are Your Core constituencies?"
   2b: "Who Are Your Allies?"
   2c: "Who Is the Opposition?"

We'll soon be looking at these categories one-by-one.

Step 3: Ask the "How" and "When" Questions

The "How" questions are many and include
   3a: "How Will You Communicate Key Messages and a Communication Plan?"
   3b: "How Will the General Strategy, Tactics, and Specific Activities Prevail?"
   3c: "How Will Your Organizations Be Structured?"
   3d: "How Will Your Resources Be Accessed?"

"When" questions are built into the plan through a timeline.

Step 4: Evaluate!

Don't forget this critical component of effective planning.

Group Processes (*cont'd*)

Group Exercises (*cont'd*)

4. Creating an NC or a PA Action Plan in Four Easy Steps (*cont'd*)

Step 1: Ask the "What" Questions

Begin your action planning process, answering the "what" questions: What is the issue? What research needs to be done? What are our goals?

What is the issue? This may seem like a strange question, but in fact it is critical. Too often, citizen groups come together, but their concerns that are too big to work on effectively or too vague to be able to define a direction. It is worth taking the time to define your issue carefully so that solutions can begin to emerge. For example, a group may be concerned about gang violence, but their organizing campaign may focus on more recreational opportunities on the street, a greater police presence, or developing and funding a neighborhood mentoring program.

What research should be done? Research isn't just facts and figures but also: talking to the public; understanding the players and legislative process; finding out what other groups have learned about this issue; and much more. **Take some time to do basic research.**

What are the goals? Set 3–5 goals for your campaign initially. You can always add more as you gain victories. Think about goals in two ways.
1. What is the public policy or attitude you wish to change? These are your external goals.
2. What will help you build power and capacity at the grassroots? These are your internal goals.

Have a mix of policy and grassroots goals so that you are always building capacity, even if your policy goal will take some time to be won.

Evaluate your goals using the SMART test. Are they: Specific; Measurable; Attainable; Relevant; and Timely? The SMART test will help you to be strategic and practical as you set your goals.

Group Processes (*cont'd*)

Group Exercises (*cont'd*)

4. Creating an NC or a PA Action Plan in Four Easy Steps (*cont'd*)

Step 2: Ask the "Who" Questions

There are four key groups of people that must be considered when developing an action plan: targets, core constituencies, allies, and opposition. Let's look at these categories one-by-one.

Targets:
Your targets are the people who actually make a decision. This might be a county board, city council, state legislature, school board, or corporate board. *Those who vote would be considered your primary target* (*i.e.*, the voters, 'we the people').

> **Secondary targets:**
> The people who influence the decision-maker(s). This might be a key staff person, business person, spouse, friend, fellow legislator, or anyone else. Knowing who your targeted decision-maker listens to is critical to getting his or her attention and ultimately influencing the way they will vote.

Core Constituencies:
These are the people who care most about the issue, have most at stake and/or are most willing to seek a solution. *Think of these people as the natural constituency for an issue.*

Allies:
Allies are those individuals and groups who will support an issue even though it may not be their top priority. Finding and building relationships with allies is critical to success. Often the most unexpected ally can be the most powerful – a group of senior citizens who help advocate for a new youth-serving initiative, for example.

Opposition:
These are the individuals and groups who will work *against* you. It is critical to explicitly define your opposition and understand who they are, how powerful they are, and to what they might do.

Power Analysis:
Once you have determined the targets, core constituency, allies, opposition and their relative strength, you will have a power analysis that will allow you to develop appropriate organizing strategies and activities.

<u>**Group Processes**</u> (*cont'd*)

Group Exercises *(cont'd)*

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4. <u>**Creating an NC or a PA Action Plan in Four Easy Steps**</u> (*cont'd*)

<u>**Step 3: Ask the "How" and "When" Questions**</u>

The "How" questions are many and include: your key messages and communication plan; your general strategy, tactics, and specific activities; your organizational structure; and your resources.

The "When" questions are built into the plan through a timeline.

Key Messages:
Identify two to four key messages for your campaign—messages that clearly define the problem and suggest a solution. Communicate those messages in a way that is accessible to the public and that can penetrate the media. Be sure that everyone working on your campaign understands the key messages and is prepared to repeat them.

Strategy:
The strategy is the general plan for organizing your power to achieve your goals. For example you might decide to have a grassroots lobbying campaign, a boycott, a two-year public education campaign, or focus your effort entirely on quiet inside work with a small group of legislators. Set your initial strategy based on a power analysis of the relative strength of the various forces in your campaign.

Tactics:
Tactics are the best approaches to make your power felt in order to influence decision-makers, mobilize your base or affect public opinion. Tactics include, but are not limited to, such things as:

1) Building coalitions

2) Holding public demonstrations

3) Engaging in civil disobedience

Activities:
Activities are the specific and concrete actions your campaign will carry out to meet the tactical and strategic objectives (*e.g.*, gather 500 signatures on a petition, host 15 house parties, turn out 20 people at each committee hearing, *etc.*)

Group Processes (*cont'd*)

Group Exercises *(cont'd)*

4. Creating an NC or a PA Action Plan in Four Easy Steps (*cont'd*)

Step 4. Creating an NC or a PA Action Plan in Four Easy Steps

For each activity, you need to decide:

1) Who is responsible to make it happen?
2) When it will happen?
3) What Will Happen in Response to the Activity?

Organizational Structure:
How will you organize yourself to carry out the work and make decisions?
What are the roles of the staff, volunteers, board members, and others in ensuring that the work gets done?

Budget and Resources:
What resources, including money, in-kind donations, skills, and talents are needed to make sure you are successful? How will you get them?

Timeline:
Always build your timeline from the end point moving backward. For example, if the crucial vote of the Education Finance Committee will take place on May 1 and a majority of that committee must be supporting you at that time, what needs to happen between now and then to be able to win?

STEP 5: Evaluate

Please remember:
You are not done, even if you won, *until* you evaluate the experience, noting the things that went well and those that did not and summarizing the information. Far too much wisdom, data, and experience is lost by those who don't take this final step.

Let's share lessons learned, not only with those who worked on an issue or campaign, but those who might be attempting a similar project in the future. We often can learn as much from our failed attempts as we can from what worked. Nothing is every completely smooth or flawless, so be honest and commit to doing it even better the next time.

Group Processes *(cont'd)*

Books:

- ***A Manual for Group Facilitators***
  by the Center for Conflict Resolution (Fellowship for Intentional Community, 2003).
  (A basic yet very useful information on how to facilitate group meetings. More than a simple "how to" manual, it also discusses the values, dynamics, and common sense behind a group's process.)

- ***Building United Judgment: A Handbook for Consensus Decision Making*** by the Center for Conflict Resolution (Fellowship for Intentional Community, 1999).
  Detailed descriptions of the various phases of consensus decisionmaking process, along with sections on troubleshooting and large-group, consensus decisionmaking for gatherings of hundreds of people. Building United Judgment describes the techniques and skills that groups can apply to make the principles of consensus work effectively.

- ***Calling the Circle: The First and Future Culture***
  by Christina Baldwin (Swan Raven, 1994)
  This classic volume includes descriptive vignettes illustrating the structure and functions of the 'peer spirit' circle—a group of people that combines the properties of council, consciousness, and action—and explores its potential to empower participants. She also shares her vision of a society in which the circle format is used in everyday life to help empower personal action.

- ***Dynamic Facilitation and the Choice-Creating Process: A Practice Manual for Evoking Group Creativity and Transformation***
  by Rosa Zubizarreta (4th ed., 2012). (A complimentary .pdf file of this edition is available by contacting the author at www.diapraxis.com/contact . **The 2006 (2nd) edition is available for immediate viewing at: http://www.co-intelligence.org/DFManual.html**).
  A thorough and readable manual for understanding and practicing 'Dynamic Facilitation' (DF), developed by long-time facilitator Jim Rough. DF is defined as a group process that "releases the innate creativity of people. It does so by directing virtually all communications that are made during the meeting through the facilitator, who is then writes in in large characters on posted wall charts. In the face of difficult issues—crises—people rise to the challenge, pull together, and create practical, unanimous solutions. DF can invoke this by evoking 'choice-creating,' a special quality of thinking in which people use all their capacities to achieve breakthroughs on impossible-seeming issues. It often happens naturally in a crisis, too, when everyone drops certain old ways of thinking (hopefully healthfully so) and comes together to achieve what had been thought 'impossible.'"

Group Processes (*cont'd*)

Books *(cont'd)***:**

- ***From Conflict to Creative Collaboration—A User's Guide to Dynamic Facilitation***

  by Rosa Zubizarreta (March 25, 2014)
  https://preview.tinyurl.com/DynamicFacilitationGuide

  > A detailed guide for organizational consultants, facilitators, and mediators. "Methods like Open-Space Technology, Future Search, and World Cafe reliably evoke 'group magic' when working with large groups. Collaboration consultant Rosa Zubizarreta introduces highly effective and agile ways to welcome task groups into co-creative 'flow zones'—where participants create practical and innovative solutions while building trust, empathy, and authentic community. **Dynamic Facilitation is a ground-breaking facilitation approach for transforming group friction into teamwork and innovation, allowing for more group creativity."**

- ***Teamworks!: Building Support Groups that Guarantee Success***
  by Barbara Sher and Annie Gottlieb (Warner, 1991)
  Although now out of print, *TeamWorks!* is still easily available online and in libraries. It's full of practical advice and group exercises that help to create a deeper sense of bonding between the members of a group, which enables them to more effectively determine the group's goals, the means to attain them, and then acting. All such qualities can be adapted by NC-PAs (or similar healthful variants), especially the Neighborhood Councils (NCs).

Group Processes *(cont'd)*

Online: [NOTE: If any of these links are broken, try accessing them *via* the Internet Archive (https://archive.org/web) and/or the Library of Congress Web Archives (webarchive.loc.gov).]

Consensus Process Flowchart
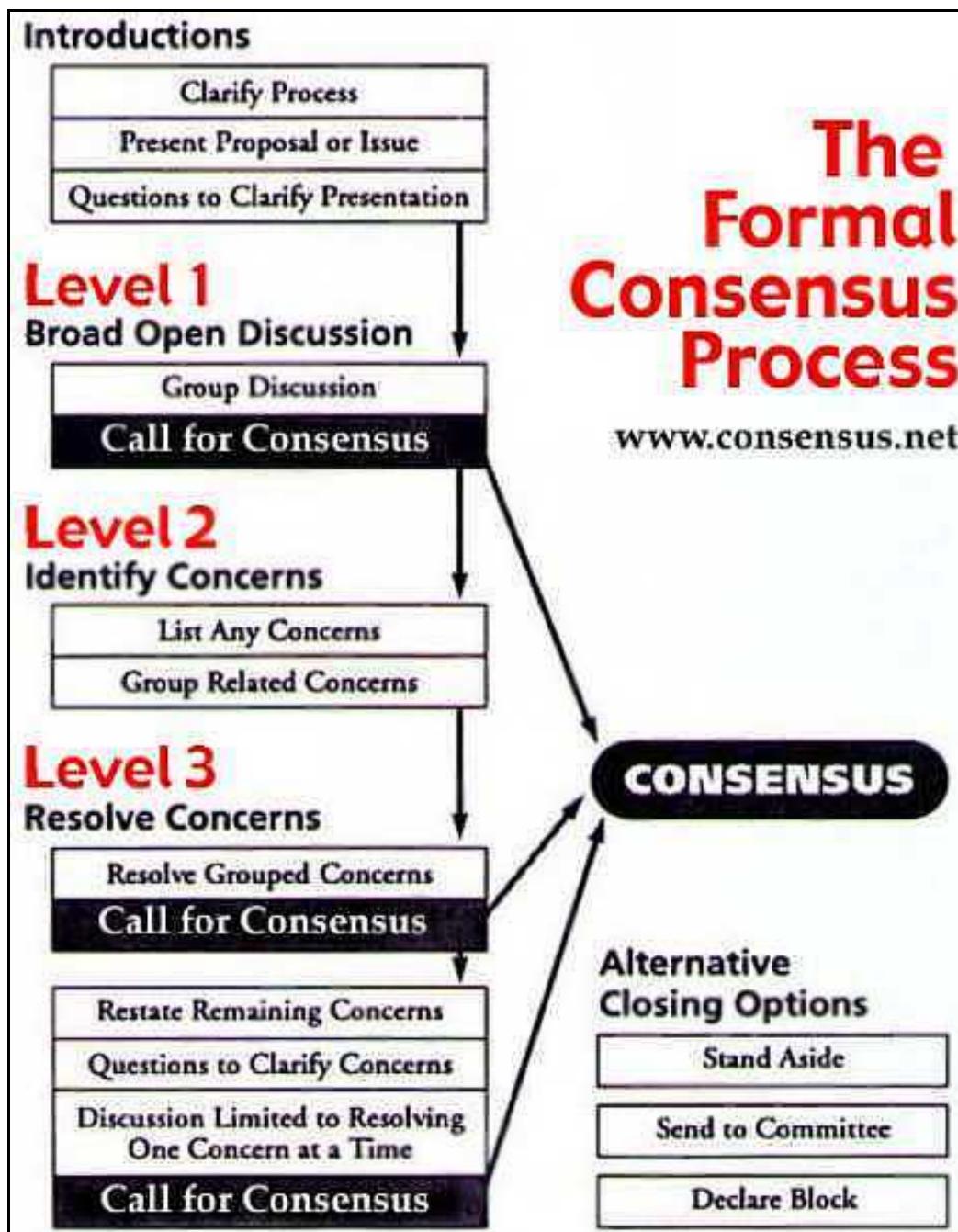
Group Processes *(cont'd)*

Online: [NOTE: If any of these links are broken, try accessing them *via* the Internet Archive
(https://archive.org/web) and/or the Library of Congress Web Archives (webarchive.loc.gov).]

- **DiaPraxis: Participatory Leadership**
  www.diapraxis.com
    Website of Rosa Zubizaretta, a well-known practitioner of Dynamic Facilitation. *Via*
    this website (http://www.diapraxis.com/contact), one can webmail her to receive—
    via email—a free .pdf of her extremely useful manual, *Dynamic Facilitation and the
    Choice-Creating Process* (see 'Books' section above).

- **Gifting Group FAQ**
  opencollaboration.wordpress.com/2009/11/28/gift-circle-faq/
    An excellent source of basic information on 'gifting economies' (of which the 'Gifting
    Group' exercise is a part (see 'Group Processes: Exercises' (*pp. 137–139*) in this
    'Appendix D')).

- **International Association of Facilitators**
  www.sessionlab.com/library/iafmethods
  www.iaf-world.org /site/facilitators/find/bycountry
    These provide an information clearing-house on group meeting processes to use at
    various times during a meeting and a facilitator search tool called 'Find an IAF
    Facilitator.' "IAF members commit to a code of ethics and have access to a library of
    methods to support groups and organizations with facilitation needs."

- **Find a Facilitator**
  www.findafacilitator.com
    Though mostly geared to those oriented to the rarified airs of 'Fortune 500' status, this
    facilitator search service is free, user friendly, and can—if properly searched—provide
    valuable results.

- **"The Five-Fold Path of Productive Meetings"** (excerpt from ***The Empowerment
  Manual*** by Starhawk)
  www.starhawk.org/pdfs/Empowerment_Five_Fold_Path.pdf
    From the book *The Empowerment Manual* by Starhawk is a bonus chapter, "The Five-Fold
    Path of Productive Meetings," which contains a wealth of information on the nitty-
    gritty details on conducting group meetings *via* consensus decisionmaking process. This
    allows the organization "to move forward, keep its members engaged, and give them a
    sense of empowerment and efficacy." It's free and delivers much useful information on
    the processes to use for enabling the co-creation of a deeply democratic society.

Group Processes *(cont'd)*

Online *(cont'd)***:** [NOTE: If any of these links are broken, try accessing them *via* the Internet Archive (https://archive.org/web) and/or the Library of Congress Web Archives (webarchive.loc.gov).]

- **Meeting Process Manual**
  By Green Party US (2005)
  https://www.gp.org/meeting_process_manual
     A useful 6-page guide on using basic consensus process in large groups. "The following text is divided into two parts: **Functionaries and Processes.**
     Functionaries deal with duties members perform to help make smoother meetings. … Processes are techniques by which a group makes its decisions. Nothing is "set in concrete. Everything presented herein can and should be modified when necessary to make it more useful in any given situation."

- **National Coalition for Dialogue & Deliberation: Resource Center**
  http://ncdd.org/rc/ (also see http://ncdd.org/map to find a trained meeting/group facilitator almost anywhere.)
     NCDD has vast collections of extremely useful resources on facilitation, dialogue, and deliberation. [**CAUTION**: Until we have genuine *e*lections (vs. *pre-s*elections), and all elective office holders have actually *been* elected into office, NC-PAs should use great caution in considering information—online and otherwise—from NCDD that advocates collaborating with 'governmental stakeholders.' (See 'Appendix A: Suggested Top Priorities for NC-PAs:…' (*pp. 121*) as to the rationale for this stance.)]

- **PeerSpirit**™
  https://preview.tinyurl.com/j6l7dqb
     From Christina Baldwin (see above), this is a pdf page with very useful guidelines for a group operating in a circle/council format.

- **Swiss Democracy**
  By Dr. Wolf Linder and Dr. Andrea Iff, Swiss Federal Department of Foreign Affairs (3rd Edition, 2010)
  https://preview.tinyurl.com/SwissDemocracy
     A highly readable overview of the Swiss system of democratic government. Swiss democracy "forces the political elite to share power and maintain co-operation, negotiation, and compromise, despite all other transformations of the Swiss polity, despite growing divides, and despite the ongoing difficulties induced by Europeanisation."

Group Processes *(cont'd)*

Online *(cont'd)***:** [NOTE: If any of these links are broken, try accessing them *via* the Internet Archive (https://archive.org/web) and/or the Library of Congress Web Archives (webarchive.loc.gov).]

- **"World Café Method"**
  https://preview.tinyurl.com/WorldCafeMultilogue
  "Drawing on seven integrated design principles, the World Café methodology is a simple, effective, and flexible format for hosting large group dialogue. World Café can be modified to meet a wide variety of needs." Basically, a large group sub-divides into smaller sub-groups, each of which discusses a particular aspect of an issue/question, with assigned rotating members going—at timed intervals—to different groups to 'cross-fertilize' their perspectives/ideas from their previous sub-groups with those of their current sub-group. At the end of the exercise, each sub-group writes what it has come up with, then reconvene as the large group, and someone delegated from each sub-group reads what their group has written.

Potential-Solutions-Oriented *(This "Potential Solution Oriented" section has been placed near the beginning of this Appendix so as not to unduly dishearten the reader after subsequent sections.)*

Books

- ***The Biology of Belief: Unleashing the Power of Consciousness, Matter, and Miracles***
  (revised edition)
  by Bruce Lipton (Hay House, 2006).
  In this fascinating, inspiring book, Lipton explains how the cells operate at epigenetic and electromagnetic levels, to an extent that one's own emotions literally can and do significantly alter one's own DNA expressions, thus opening doors to profoundly positive self-change. What are the limits?

- ***Gaian Democracies: Redefining Globalisation and People-Power***
  by Roy Madron and John Jopling (Green Books, 2003).
  The authors present a detailed examination of today's unjust global socio-political-economic systems ("the Monetocracy") and a prescription for overcoming them: a global network of people-powered "Gaian democracies." These would encourage citizens and 'liberating leaders' to work together to live harmoniously with the Earth ('Gaia') as well as with each other.

- ***Locavesting: The Revolution in Local Investing and How to Profit from It***
  By Amy Cortese (Wiley, 2011).
  https://preview.tinyurl.com/Locavsting-Amzn (Amazon's page)
  Here are some remarkable and workable funding ideas that can be adapted in various ways by NC-PAs. Author "Amy Cortese takes us inside the local investing movement, where solutions to some of the nation's most pressing problems are taking shape. The idea is that, by investing in local businesses rather than faceless conglomerates, investors can earn profits while building healthy, self-reliant communities."

- ***On Revolution***
  by Hannah Arendt (Viking, 1965).
  The classic, in-depth scholarly look at the two forces behind revolutions that usually end up in opposition: (a) spontaneously formed local citizens' councils, and (b) 'revolutionary personalities' and their followers/parties. (Especially see pp. 252–259 regarding Thomas Jefferson's "ward republics.")

Potential-Solutions-Oriented *(cont'd)*

Books *(cont'd)***:**

- ***The Power of Eight: Harnessing the Miraculous Energies of a Small Group to Heal Others, Your Life, and the World***
  By Lynne McTaggart (Atria Books, 2018)
  https://preview.tinyurl.com/PwrOf8
  "In *The Power of Eight*, Lynne McTaggart…reveals her remarkable findings, from ten years of experimenting with small and large groups, about how the power of group intention can heal our lives and change the world for the better. When individuals in a group focus their intention together on a single target, a powerful collective dynamic emerges that can heal longstanding conditions, mend fractured relationships, lower violence, and even rekindle life purpose. But the greatest untold truth of all is that group intention has a mirror effect, not only affecting the recipient but also reflecting back on the senders."

- ***The Radical Politics of Thomas Jefferson: A Revisionist View***
  by Richard K. Matthews (UP Kansas, 1984).
  A brilliant and scholarly examination that systematically presents Jefferson's political ideas for direct citizen democracy in the United States *via* "ward republics."

- ***Restoration of the Republic: The Jeffersonian Ideal in 21ˢᵗ-Century America***
  by Gary Hart (Oxford UP, 2002).
  The author resurrects Jefferson's "ward republics" idea, overlays it onto the socio-political systems of early 21ˢᵗ–century America, and finds that the idea is still not only practical but, in fact, is essential to restoring the United States as a truly democratic republic. This is a fascinating, thoroughly reasoned, and well-documented manifesto by the former senator from Colorado.

- ***Toward an American Revolution: Exposing the Constitution and Other Illusions***
  by Jerry Fresia (South End Press, 1988). *(Out of print, but still available online (e.g., abebooks.com).)*
  Thoroughly documented revelations of the true intentions of the U.S.'s 'founding fathers,' the framers of the U.S. *Constitution* in 1789 Philadelphia. Most had been well-to-do (for Americans at the time) and cared much less about grassroots democracy than for their own economic interests. Such interests included:
  (a) Protecting their property (which usually included enslaved persons); and
  (b) Countering threats of "*too much* democracy" from the nation's less-well-off majority.
  Also described in detail is how the *Constitution*'s ratification had been *opposed* by most of the electorate of that time, and how it was ratified only through deception and—at times—even physical coercion. Pulls no punches.

Potential-Solutions-Oriented *(cont'd)*

Books *(cont'd)*:

- ***Toward an American Revolution: Exposing the Constitution and Other Illusions*** by Jerry Fresia (South End Press, 1988) *(cont'd)*

  "[T]o go beyond the grade-school version of our founding raises the possibility that the *Constitution* might be defective in some fundamental way. If it is admitted so, one might conclude: '**U.S.-sponsored terrorism might not be a deviation from Constitutional principles, but rather** *the logical consequence* **of a system that protects the freedom of a handful… to control a good deal of Earth's resources and so the lives of many millions of people***.'*" *[emphases added]*

Potential-Solutions-Oriented *(cont'd)*

Online: [NOTE: If any links are broken, try accessing them *via* the **Internet Archive** (https://archive.org/web) or **The Library of Congress Web Archives** (webarchive.loc.gov)]

- **"Brain Trust"**
  by Michael Kosfeld. The Greater Good (Fall 2008)
  https://greatergood.berkeley.edu/article/item/brain_trust/
  > Fascinating article on experiments showing how the hormone oxytocin naturally increases interpersonal trust. (The exercises in the "Group Processes" section (see 'Appendix D,' (pp. 135–150)) will greatly boost participants' levels of oxytocin, which explains why they are so good at building trust.)

- **"Building Socialism from Below: A Conversation with Martha Lia Grajales"**
  by VenezuelaAnalysis.com
  https://preview.tinyurl.com/Venez-Councils-Communes
  > "The breadth and magnitude of popular organization in Venezuela is one of the Chavista government's *goals*, and large-scale grassroots organization is one of its successes.
  > "What's the problem then? **Institutions should not manage or instrumentalize popular power.** There are many conceptions of popular power, and one of them considers it as simply as an instrument for seizing [state] power. However, once the power is in your hands, then you appeal to "historical necessity" and "national interest" to justify centralizing power. In this way, the party and the state can come to supplant popular projects and their autonomous organization of the oppressed classes."

- **Freedom Cells (FCs)** (*via* The Conscious Resistance Network' of Derrick Broze, *et al*)
  https://freedomcells.org
  > *Caution: For ideas only*. FC's basic concept is appealing: co-creating a loose confederation of local, independent grassroots groups—from local-to-national levels—for genuinely healthful social change and support. Yet FC seems far too carefree in its management of its online signups. Those who sign up online literally give away their personal information forever (plus now having it now being associated with certain red-flag words). 'Signing up' exposes one's personal data (name, location, email address, *etc.*) to any and all who can access it, whether they be public, private, or corporate. If used by 'bad actors', this could potentially even put one's physical person at risk. **FCs are self-described "local 'conscious-resistance' groups" (*and—thus—certain to be investigated by the authorities*) that have available information about their online subscribers (and *their group(s)*). Supposedly, all of this is done to encourage others to join(*!*) Yet neither possibilities are offered nor suggestions given regarding** *the fact that other organizations/ persons with anti-grassroots-democracy interests regularly conduct surveillance, infiltration, disruption, and destruction of these types of groups, not to mention also having access to information on the users of any given page of any website on the Internet.*

Potential-Solutions-Oriented *(cont'd)*

Online *(cont'd)***:** [NOTE: If any links are broken, try accessing them *via* the Internet Archive (https://archive.org/web) and/or the Library of Congress Web Archives (webarchive.loc.gov)]

- **Freedom Cells (FCs)** (*via* 'Conscious Resistance Network' of Derrick Broze, *et al*)
  https://freedomcells.org
  (**Caution: For ideas only** *(cont'd))*
  By forming "Freedom Cells," Broze alleges that parts of society can simply 'opt out' of that society. Yet what if these "cells" are *themselves* being cynically *used* as part of a 'honey-pot' operation designed to lure in would-be dissidents who want to work against harmful-to-the-public, 'elite'-driven agendas? Agendas include: (a) what will happen after an anti-SARS-CoV2 vaccination material (which actually contains who-knows-what?)* is mandated or virtually mandated on the general population, .
  Also included in the line up are: 5G and its creepy-as-heck 'phased-array antennae' systems and endless broadcasting possibilities; the IoT in general; and mega-constellation-satellite-based telecommunications/tracking systems; *etc.* Freedom Cells website quote: "*Freedom Cells are peer-to-peer groups organizing themselves in a decentralized way with the goal of asserting the sovereignty of group members through peaceful resistance and creation of alternative institutions. Once groups become large enough, it is possible for participants to opt out of mainstream society en masse and entrust themselves to the securing of their liberty.*" [This ***sound****s good, but securing their liberty to **what**? Remember: **all** electronics-aided communications are now monitored—in real time—by various agencie, corporations. and/or others, and includes monitoring a group's membership and activities (certainly if they use any IoT devices, like a smart phone), and **especially** if they are using certain 'red-flag' words, as this website doe.*]

- **The Limits of Chavez's Communal State"**
  by María Pilar García-Guadilla
  https://preview.tinyurl.com/CommunalStateLimits
  "The Chavista project promised political, socioeconomic, and cultural transformation by empowering dispossessed sectors and delivering social justice through participatory democracy. These transformations depended on fundamental changes to Venezuela's economy, one of the most important being the development of communal enterprises and organizations. These contain the decentralizing, horizontal dynamics of community organizations and social movements alongside **centralizing, vertical dynamics [*i.e., the Venezuelan national government*]. The latter has proved deeply damaging to the democratic aspirations that many had for the Chavista experiment.**"

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* The evaluation of these 'vaccines' is roadblocked *via* FOIA requests, due to Operation WarpSpeed's (OWS's) deliberate choice of Advanced Technologies International (ATI), a *private company* that acts as a go-between for OWS and its contractors, making the contents of these contracts—in effect—secret and "proprietary". *ATI is a private company—it is impossible to make FOIA requests, since FOIA requests only work in governmental contexts, not corporate ones.*

Potential-Solutions-Oriented *(cont'd)*

Online *(cont'd)***:**   [NOTE: If any links are broken, try accessing them *via* the Internet Archive (https://archive.org/web) and/or the Library of Congress Web Archives (webarchive.loc.gov)]

- **Lynne McTaggart's Website** (author of *The Field* (see book title, above))
  https://lynnemctaggart.com
  Evidence of collective intent influencing physical reality in measurable ways. When individuals form a group and focus their intent together at a single target, a collective dynamic emerges that *can* heal longstanding conditions, mend fractured relationships, lower violence, and even rekindle life purpose. But **the greatest truth is that group intention has a mirror effect: it not only affects the recipient—it also reflects back to the senders** (also, try *Googling "PEAR Lab" with "Princeton." The lab has provided evidence of group intent influencing physical reality in physically measured ways)*.

- ***MODEL WIRELESS TELECOMMUNICATIONS ORDINANCE Template for Siting of "Small-Cell" Telecommunication Facilities in Public Rights-Of-Way***
  By 5GCrisis.com
  https://preview.tinyurl.com/Municipal-Wireless-Ordinance
  Template for local council to draft EMF-transmission-device emplacement Ordinance. "Multiple small cell installations within public rights-of-way impact property values; pose threats to public health, safety and welfare; create traffic and pedestrian safety hazards; impact trees where proximity conflicts require trimming of branches or root removal; create visual/aesthetic blights and potential safety risks from excessive size, height, weight, noise, or lack of camouflage impacting the quality and character of [*town*]."

- **Open Source Ecology (The 50 Machines)**
  www.opensourceecology.org
  "Open Source Ecology accelerates the Open Source Economy, which optimizes production, distribution, environmental regeneration and social justice. 'Global Village Construction Set' has 50 high-performance, modular, do-it-yourself, low-cost, easy-to-make machines for building a small, sustainable civilization with modern comforts."

- **Resilience Circles**
  https://localcircles.org
  (*Caution: For ideas only. The sponsor of Resilience Circles is the **Institute for Policy Studies**, an NGO with well-documented CIA ties (Google the two together).)*
  "A Resilience Circle is a group of 10–20 people coming together to increase personal security during challenging times. **Resilience Circles have three purposes: 1) learning, 2) mutual aid, and 3) social action.** The Resilience Circle Network is a pilot project of the *Institute for Policy Studies.* Our role is to help organizers/facilitators wanting to start or sustain Resilience Circles."

Potential-Solutions-Oriented *(cont'd)*

Online *(cont'd)***:** [NOTE: If any links are broken, try accessing them *via* the Internet Archive (https://archive.org/web) and/or the Library of Congress Web Archives (webarchive.loc.gov)]

- **"Solari: The Most Significant Investment Opportunity in America"**
  by Catherine Austin Fitts (former Assistant Secretary of U.S. Dep't of HUD) (2006)
  [**CAUTION**: *Though what she herself communicates appears to be true, her Solari.com website also promotes purveyors of apparent disinformation. Currently, this is done via interviews with and articles by 'Dr. Joseph P. Farrell,' a promoter of divers red-herring theories (e.g., "Nazis are holed up in Antarctica!"; "It was a Nazi flying saucer that crashed at Roswell!" etc.). Also, for many years, Ms. Fitts has appeared on George Noori's 'Coast-2-Coast AM' radio/podcast show, a platform for hoaxers, frauds, and disinformation agents seeking to divert attention away from reality. The question is: "Why would Ms. Fitts put her formidable reputation on the line by doing such things?")*

  *Yet even so, the basics of her Solari proposal below seem sound and can be adopted by one or more NC-PAs. (Ms. Fitts has not even addressed her **own** "Neighborhood Solari" idea since 2006–7.)]*

  https://preview.tinyurl.com/SolariCommunityInvesting
    A brief overview of the basic Solari concepts.
  https://preview.tinyurl.com/SolariCommunityInvesting2
    A much more detailed analysis of how a Solari works.
    "A Solari is an investment databank and advisor for an area typically no larger than 10,000 residents. A Solari as investment databank promotes literacy about how money works within its [*geographical*] place and—with tools such as investment clubs—promotes higher rates of investment within its place."
    "A Solari has two classes of common equity: Solari As and Bs. Solari-A voting shareholders—the founders and their self-perpetuating successors—live within the Solari's place and govern the Solari. Economic ownership is by Solari B non-voting shares, which can access local and global capital, directly or through vehicles managed by the Solari. Solari A shareholders make their profits on Solari Bs, just like everyone else. The Solari's equity structure promotes governance by local leadership...."

- **Thomas Jefferson's Introduced Bill for Establishing a System of Public Education via Dividing the Counties into Wards**
  By Thomas Jefferson: Virginia state delegate; Continental Congress delegate; third president of the United States.
  https://preview.tinyurl.com/TJ-Wards-Bill
    The text of this bill was written by Thomas Jefferson and introduced in the Virginia House of Delegates by Mr. Taylor of Chesterfield in 1817. While presented as a boost to local education, dividing the counties into 'wards' across Virginia was to begin the process of acclimating each of the peoples of these wards to see themselves as part of a self-governing body. Jefferson regularly wrote at length about the potential qualities of the wards to direct grassroots democracy, especially in the years leading up to 1817. (*See the following entry for an example of Jefferson's writing on this topic.*) The Virginia delegates likely also saw threats to their own now well-established powers, should the bill pass.

Potential-Solutions-Oriented *(cont'd)*

Online *(cont'd)***:** [NOTE: If any links are broken, try accessing them *via* the Internet Archive (https://archive.org/web) and/or the Library of Congress Web Archives (webarchive.loc.gov)]

- **Thomas Jefferson: Letter to John Taylor**
  By Thomas Jefferson: Virginia state delegate; Continental Congress delegate; second president of the United States. (26 May 1810)
  https://preview.tinyurl.com/TJ-Wards 1810

  Long before the Virginia House of Delegates'—in 1817—voted *against* Jefferson's vision of creating wards out of counties throughout the state, Jefferson's letters to various correspondents had gone into some detail about the society that could emerge from practicing simple, genuine, local direct democracy.

  "I have indeed two great measures at heart, without which no republic can maintain itself in strength:

  "1. That of general education, to enable every man to judge for himself what will secure or endanger his freedom.

  "2. To divide every county into hundreds [*'wards'*], of such size that all the children of each will be within reach of a central school in it. **But this division looks to many other fundamental provisions.** Every hundred, besides a school, should have a justice of the peace, a constable, and a captain of its militia. These officers, or some others within the hundred, should be a corporation to manage all its concerns, take care of its roads, its poor, and its police by patrols, *etc.* (as [*do*] the select men of the Eastern townships.) Every hundred should elect one or two jurors to serve where requisite, all other elections should be made in the hundreds separately, and the votes of all the hundreds be brought together.

  "These little republics would be the main strength of the great one. We owe to them the vigor given to our revolution in its commencement in the Eastern states, and by them the Eastern states were enabled to repeal the [*British*] embargo."

Human Pre-History and the Rise of 'Pathocracy'

Books:

- ***The Chalice and the Blade: Our History, Our Future***
  by Riane Eisler (1987). Publisher: HarperCollins.
  Based on the work of archaeologist Marija Gimbutas and other credible sources, *The Chalice and the Blade* provides much detailed evidence of a peaceful, gender-partnership-based, human pre-history (*ca.* pre-4,000 BCE), plus the hope that this evidence brings to today's humanity.

- ***The Fall: The Evidence for a Golden Age, 6,000 Years of Insanity, and the Dawning of a New Era***
  by Steven Taylor (2005). Publisher: Iff Books
  Well-presented evidence for a harmonious human pre-history. The primary focus, however, is how humans' sense of personal-ego selfhood has been distorted into the endlessly chattering and ruminating thing it has become for many today. Although our egos do have healthful functions (*e.g.*, keeping our physical bodies alive), they have also been too easily dominated and twisted—especially from around 4,000 BCE to the present—by harsh environmental conditions combined with the influence of those seeking power over others *via* alterations of social customs (religion, politics, *etc.*).

- ***Political Ponerology***
  by Andrew Lobaczewski (2007). Publisher: Red Pill Press.
  A long-term look of pathocracy in action (the Polish author was a tenacious survivor of both the Nazi then Soviet regimes in Poland). A landmark research study on political psychopathy and how it is increasingly dominating the world.

- **"The Prehistory of War and Peace in Europe and the Near East"**
  by R. Brian Ferguson (chapter 11 of the book ***War, Peace, and Human Nature***, edited by Douglas P. Fry (2013). Publisher: Oxford University Press.
  https://preview.tinyurl.com/Ferguson-1
  Recent and thoroughly researched and documented, this is a survey of the archaeological evidence for human warfare. It turns out that there is precious little such evidence dated pre-8,000 BCE, and even afterward only as isolated incidents over the millennia. The author carefully considers the specific supporting facts as presented by anthropologists and archaeologists who claim warfare has been endemic throughout humanity's existence. These 'facts' are shown to be gross distortions and misinterpretations of that evidence (*e.g.*, a single fatal skull injury at a burial site being equated with 'warfare'). This chapter also contains intriguing speculations about evidence for a 'peace system' and how it might have worked in such early societies.

<u>Human Pre-History and the Rise of 'Pathocracy'</u> *(cont'd)*

Books *(cont'd)***:**

- ***Sex at Dawn: The Prehistoric Origins of Modern Sexuality*** by Christopher Ryan, Ph.D. and Cacilda Jetha, M.D. (2010). Publisher: Harper Perennial
  In spite of some questionable methodology and an unnecessarily sarcastic tone throughout, the authors still present a convincing case that the generally accepted view of humans as 'killer apes' is seriously flawed. Much credible, well-documented archaeological and other evidence points to humanity's pre-historic cultures being far more egalitarian and socially healthy than are most of today's.

<u>Human Pre-History and the Rise of 'Pathocracy'</u> *(cont'd)*

Online: [NOTE: If any of these links are broken, try accessing them *via* the Internet Archive (https://archive.org/web) and/or the Library of Congress Web Archives (webarchive.loc.gov)]

- **"Ancient Europeans Mysteriously Vanished 4,500 Years Ago"** [*2,500 BCE*] by Tia Ghose. LiveScience.com (23 April 2013).
  https://www.livescience.com/28954-ancient-europeans-mysteriously-vanished.html
    A study in the 23 April 2013 edition of the journal *Nature Communications* shows that, "about 5,000…years ago (3,000 BCE), the genetic profile (of Europe) changed radically, suggesting that some mysterious event led to a huge turnover in the population that made up Europe."

- **"Archaeologists Unearth a War Zone 5,500 Years Old"** by John Noble Wilford. New York Times (16 December 2005).
  http://preview.tinyurl.com/ldjexf6
    "Archaeologists describe it as the oldest known excavated site of large-scale organized warfare (dated to about 3,500 BCE). It was a clash of … cultures in ancient Mesopotamia, the land where (a major) urban civilization began, in a region that includes (present-day) Iraq and parts of Syria. Archaeologists reported finding collapsed mud-brick walls that had undergone heavy bombardment and ensuing fire. They collected more than 1,200 oval-shaped 'bullets' used with slings and 120 larger round clay balls. The layer of ruins from that time also holds vast amounts of pottery from the Uruk culture of southern Mesopotamia," indicating that the Uruk people took over the site after destroying the original city. This discovery has revealed a "'turning point in the history of civilization.'"

- **"Back to Paradise"** by Richard Heinberg. New Dawn Magazine, No. 48, (May-June 1998).
  https://preview.tinyurl.com/y3zzbhdy
    A fascinating review of ever-increasing evidence for a lost 'golden age' of high culture and civilization that was ultimately demolished by one or more natural disasters.

- **"Before the Fall: Evidence for a Golden Age"** by Steve Taylor. New Dawn Magazine, No. 95 (March-April 2006).
  https://www.newdawnmagazine.com/articles/before-the-fall-evidence-for-a-golden-age
    A summary of the author's book *The Fall* (see p. 159). Virtually all archaeological and anthropological evidence points to most of humanity having lived much more harmoniously with each other/Nature for millions of years before about 4,000 BC.

Human Pre-History and the Rise of 'Pathocracy' *(cont'd)*

Online *(cont'd)***:**   [NOTE: If any links are broken, try accessing them *via* the Internet Archive (https://archive.org/web) and/or the Library of Congress Web Archives (webarchive.loc.gov)]

- **"Brain Research Shows Psychopathic Criminals Do Not Lack Empathy, but Fail to Use It Automatically"** by Science Daily (24 July 2013).
  https://www.sciencedaily.com/releases/2013/07/130724200412.htm
  Psychopaths are able to turn on and off their own empathy at will, explaining how they can be simultaneously callous and charismatically cunning. A very interesting article summarizing the more technical article "Reduced Spontaneous but Relatively Normal Deliberate Vicarious Representations in Psychopathy" from the science journal *Brain*, 2013; 136 (8):2550.

- **"Climate Change the Motor of Africa's Evolution"** by Joe Melly. Blog post. (04 December 2011).
  https://desertsandenvironmentalchange.blogspot.com/2011/12/classic-paper-climate-change-motor-of.html
  By 3,500 BCE, North Africa's monsoon rainfalls—after having become increasingly irregular and infrequent—had ceased, and human settlement was sporadic and fragmented . The return of hyperarid conditions tested the adaptive capabilities of prehistoric cultures to their limits. (This article describes—in less technical language—the *Science* magazine article of 11 August 2006, "Climate-Controlled Holocene Occupation in the Sahara: Motor of Africa's Evolution" by Rudolph Kuper.)

- **"Epigenetic Creation of Bad Behavior"** by Del Theissen, Ph.D. (Blog entry. April 1, 2012)
  https://preview.tinyurl.com/y6hb6l3h
  Clearly presented experimental evidence by a Professor of Evolutionary Psychology (University of Texas-Austin) that shows how positive and negative experiences while young not only affect behaviors as an adult, but also become—*via* epigenetics—inheritable characteristics.

- **"Evolution and the Psychopath: Is There a Cultural Component…?"** by Jack Pemment. Psychology Today (29 January 2013).
  https://www.psychologytoday.com/blog/blame-the-amygdala/201301/evolution-and-the-psychopath
  A clear explanation of the epigenetic component of psychopathy—*via* childhood abuse and trauma, particularly when combined with a gene that controls monoamine oxidase (MAO) The author also presents a model for the cultural transmission of psychopathy through the centuries, of particular relevance to understanding how warfare—and socially acceptable violence in general—has become 'normal.'

Human Pre-History and the Rise of 'Pathocracy' *(cont'd)*

Online *(cont'd)***:**   [NOTE: If any links are broken, try accessing them *via* the Internet Archive (https://archive.org/web) and/or the Library of Congress Web Archives (webarchive.loc.gov)]

- **"Exploring the Mind of a Killer"** by James Fallon, neuroscientist. Ted Talk.
  https://preview.tinyurl.com/kxhoaf2
  An excellent "Ted-talk" video exploring the roots of psychopaths and how a psychopathic person is created: *via* genes ('nature'), epigenes (methyl molecules attached to genes to turn them on or off). Because of their physical attachment to DNA, epigenes can become *inheritable* responses to primal experiences of a powerful emotional and/or physical nature. These also apparently block neuronal development in crucial areas. Also, the environment–the degree and kind of 'nurture' one experiences as a child—plays a large role).

- **"How Earth's Orbit Shaped the Sahara"** by Anuradha K. Herath. Astrobiology Magazine (20 December 2010).
  www.astrobio.net/news-exclusive/how-earths-orbital-shift-shaped-the-sahara/
  The Sahara turned to desert due to gradual changes in Earth's orbit, which affected the amount of energy the Earth received from the sun. These slow changes eventually led to an abrupt collapse in the Saharan climate and thus its ecosystem. "Given the very strong dependence of vegetation on water availability, the end of the 'Green Sahara' came about quite suddenly, about 5,500 years ago (3,500 BCE)."

- **"Neurological Basis for Lack of Empathy in Psychopaths"** by Science Daily (24 September 2013).
  https://www.sciencedaily.com/releases/2013/09/130924174331.htm
  "Psychopaths showed an increased response in the ventral striatum—an area [of the brain] known to be involved in pleasure—when imagining others in pain." (One wonders if this is effect stems from a desire to 'get even' after suffering childhood abuse/trauma….) Another very interesting article, this one summarizing the more technical article "An fMRI Study of Affective Perspective Taking in Individuals with Psychopathy…" from the science journal *Frontiers in Human Neuroscience*, 2013.

- **"Sahara's Lush Greens Turned to Desert 5,000 Years Ago"** by Lee Rannals. RedOrbit.com (06 April 2013).
  https://preview.tinyurl.com/y6bb58ua
  "The Sahara's "green" era lasted from 11,000 to 5,000 years ago (approx. 9,000 BCE–3,000 BCE), but came to an abrupt ending when the region dried into desert within one to two centuries in many areas. Researchers say this abrupt change occurred simultaneously across North Africa." (This article is a non-technical version of the 9 May 2013 *Earth and Planetary Letters* journal article, "The Magnitude, Timing, and Abruptness of Changes in North African Dust Deposition over the last 20,000 Years" by David McGee, *et al.*)

Human Pre-History and the Rise of 'Pathocracy' *(cont'd)*

Online *(cont'd)***:**   [NOTE: If any links are broken, try accessing them *via* the Internet Archive (https://archive.org/web) and/or the Library of Congress Web Archives (webarchive.loc.gov)]

- **"Sahara Went from Green to Desert in a Flash"** by Becky Oskin. LiveScience.com (05 April 2013).
  www.livescience.com/28493-when-sahara-desert-formed.html
  "The wet period, called the 'African Humid Period'… ended suddenly, confirming previous studies by other groups."   Dry lakebed sediment analysis shows that the 'African Humid Period' had ended about 4, 000 BCE.

- **"Stone-Age Skeletons Unearthed In Sahara Desert"** by Tia Ghose. LiveScience.com (07 March 2013).
  https://www.livescience.com/27697-stone-age-libyan-burials-unearthed.html
  Human skeletons unearthed in and around a rock shelter revealed that "males and juveniles were buried under stone heaps ('tumuli') starting about 4,500 years ago (2,500 BCE), when the region became more arid.   The exclusive use of the rock shelter for female and sub-adult burials points to a persistent division based on gender.   One possibility is that, during the earlier period, women had a more critical role in the society, and families may have even traced their descent through the female line.   But once the Sahara began its…expansion into the region about 5,000 years ago (3,000 BCE), the culture shifted and men's prominence may have risen as a result."

- **"War Arose Recently, Anthropologists Contend"** by Bruce Bower.   Science News magazine (10 August 2013).
  http://www.thedailystar.net/news/war-arose-recently
  Anthropological and archaeological evidence indicate that humanity's first warfare—albeit on a small scale—began only about 8,000 BCE, "with armed conflicts intensifying as the first states expanded between 4,000 BCE to 2,000 BCE."   (This summarizes the 2013 *Science* magazine article, "Lethal Aggression in Mobile Forager Bands and Implications for the Origins of War" by Douglas Fry and Patrik Söderberg.)

- **Western Old-World Cultures Historical Chart** by Human Solutions Now (2011).
  https://preview.tinyurl.com/yympezt4
  [*Use "Look Inside" feature to see chart displayed on p. 175*]
  This 'cultural history' chart of humanity highlights the fundamental transformations our original 'partnership' cultures experienced—especially prior to about 4,000 BCE, or over 6,000 years ago.   Today's dominator cultures feature adversary-based, fear-drenched, highly atomized societies.

Election-Thefts

Books:

- ***Blackbox Voting: Ballot Tampering in the 21st Century*** by Beverly Harris (Talion, 2004).

  A mountain of verified evidence, including the author's documented personal experiences, that exposes evidence of voting-machine-enabled election thefts occurring from the mid-20th century through 2003.

- ***CODE RED: Computerized Election Theft and the War on American Democracy: Election 2020 Edition*** by Jonathan D. Simon (CRPublishing, April 2020).

  https://preview.tinyurl.com/CodeRed2020 [*links to Amazon's book description page*]

  A thorough and passionate analysis of how voting-machine-based election thefts are enabled and how serious reconsideration regarding the use of such machines in our elections is actively stifled by election administrators, politicians, and the media.

- ***Grassroots, Geeks, Pro's, and Pol's: The Election Integrity Movement's Rise and Nonstop Battle to Win Back the People's Vote, 2000–2008*** by Mara Steele. (Zip, 2012).

  A definitive history of electronic-voting-enabled thefts of U.S. elections from 2000–2008. Thoroughly researched, fully documented, yet also very well written.

- ***The Help America Vote Act of 2002 [HAVA]***
  107th U.S. Congress
  preview.tinyurl.com/HAVA-2002

  > **NOTE: It is *crucial* to know that *HAVA* neither states nor implies *any* kind of 'mandate' that forces states to use only computerized voting machines and/or ballot tabulators. Any states using only paper, hand-counted paper ballots, publicly observed and with established-chain-of-custody at all times are just fine under *HAVA*. *Only if a state decides to buy Federally-approved computerized election machines will HAVA enable that state to receive Federal money with which to buy them, and 'we the people' fund all this.***

  One of *HAVA*'s primary purposes has always been "[t]o establish a program to provide funds to States to replace punch card [and lever-machine] voting systems…" (see *HAVA* link, above). *HAVA* just makes funds available to states that apply to the Federal government for buying computerized voting-machine-based election systems to replace their current voting systems—whatever those systems might be. *Un*believably, many states have enacted state laws that state that *HAVA* somehow 'mandates' their state's use of computerized voting-machines in all elections in that state. In fact, ***HAVA's 'mandate' is just for all states to use computerized voter registrar equipment*** (which is another area of concern, since many eligible voters have been effectively disenfranchised through nefarious misuse of such equipment).

Election-Thefts *(cont'd)*

Books *(cont'd):*

- **The Plot to Control the World: How the U.S. Spent Billions to Change the Outcome of Elections around the World**
  by Dan Kovalik (Skyhorse, 2018).
  "The US holds itself out as a beacon of democracy and freedom in the world, but its actions stray far from this pretense. From 1950s Vietnam, when the US blocked elections which would have allowed the Vietnamese people to vote for a unified country and for their own president, to the overthrow of democratic governments in Iran and Guatemala and the consequent installation of brutal regimes which killed tens of thousands, the U.S. has undermined democracies in ways which make the alleged Russian "meddling" [*in the U.S. 2016 election*]—the sum total of which involve claims of social media posts and computer hacking—look like child's play."

- *Votescam: The Stealing of America*
  by Kenneth F. Collier and James M. Collier (Forbidden Bookshelf, 2000; e-book).
  https://preview.tinyurl.com/Votescam1-6 (free online book chapters 1–6)
  https://preview.tinyurl.com/VoteScam-eBook (Barnes & Noble site)
  https://preview.tinyurl.com/VoteScam-Kindle (Amazon.com site)
  "This book is the culmination of a 25-year investigation into computerized vote fraud in the U.S. Journalists James and Kenneth Collier ask, 'Why can't we vote the bastards out?' Their answer: 'Because we didn't even vote the bastards in.' Votescam fills in the blanks for anyone who senses that their ballot is worthless, but does not know why. It tracks down, confronts, and calls the names of Establishment thieves who silently steal votes for their own profit. It comes face-to-face with the Supreme Court justice who buried key vote fraud evidence; the most powerful female publisher in America, who refused to permit her newspapers and television stations to expose vote rigging; the Attorney General who jailed Jim Collier to avoid an investigation into vote fraud; and a cast of weak-kneed, corrupt politicians, lawyers, and members of the media entangled in a massive crime, but who have yet to be held accountable."
  A riveting, jaw-dropping account that ultimately led to the discovery of deep corruption at the highest levels of U.S. government charged with overseeing elections, plus verified evidence of voting-machine-enabled election thefts from 1970 to 1987.

- *While We Still Have Time: The Perils of Electronic Voting Machines and Democracy's Solution—Hand-Counted Paper Ballots (HCPB)*
  by Sheila Parks (Leap Year, 2012).
  An extremely informative article series on the author's personal experiences with election integrity, especially at the state level (Wisconsin), and much other verified evidence of voting-machine-enabled election thefts from about 2000–2012.

Election-Thefts *(cont'd)*

Online: [NOTE: If any of these links are broken, try accessing them *via* the Internet Archive (https://archive.org/web) and/or the Library of Congress Web Archives (webarchive.loc.gov).]

- **Black Box Voting (BBV)**
  www.blackboxvoting.org
  https://preview.tinyurl.com/BlackBoxVotingBook
    A non-profit organization co-founded by Bev Harris, the highly controversial (see < josephhall.org/nqb2index.php/activists_crash_tribute > and josephhall.org/nqb2/index.php/activists_crash >) election-integrity activist, co-producer of the 2006 documentary *Hacking Democracy*, and author of the 2004 book *Black Box Voting* (see book link, above). BBV asserts it is a "nonpartisan, elections watchdog group," the mission of which "is to restore citizens' ability to see and authenticate each step of our public elections." A most noble mission indeed.

    In fact, up to 2013, the site had been highly informative about election-integrity issues, especially in its community-forum pages. But from 2013 through at least 2020, BBV's reconfigured site has offered little save an occasional election-integrity-related post by Ms. Harris (~1–2 a year) and still unkept promises to include its previous version's materials, such as the forums < preview.tinyurl.com/BBV-ForumArchives >.

    From 2003–05, Ms. Harris was the instigator of *considerable* online contention by posting many conflict-intentioned barbs and even lawsuit threats at other posters who dared to call into question her methods and/or true intentions *(e.g.,* preview.tinyurl.com/BevHarris-00; the comments afterward are also quite revealing).

    Further very interesting details regarding Ms. Harris can be found *via* these links:
    < preview.tinyurl.com/BevHarris-01 >
    < preview.tinyurl.com/BevHarris-02 >
    < preview.tinyurl.com/BevHarris-03 >
    < preview.tinyurl.com/BevHarris-04 >
    < preview.tinyurl.com/BevHarris-05 >

    On the other hand, more than a few of these online conflicts appear to have initially been 'staged conflicts' (*see pp. 103–104*).

    Other election-integrity websites welcome grassroots activism and host forums. One example—though with a definite 'left of center' political prefence—is: democraticunderground.com .

Election-Thefts *(cont'd)*

Online *(cont'd)***:**   [NOTE: If any links are broken, try accessing them *via* the Internet Archive (https://archive.org/web) and/or the Library of Congress Web Archives (webarchive.loc.gov)]

- **Black Box Voting (BBV)** *(cont'd)*
  Yet even if Ms. Harris has been—in effect—a disinformation agent, all disinformation must—by definition—contain at least *some* valid information. In Ms. Harris' case, much of the valid information on election integrity seems to be in her book, *Black Box Voting* < preview.tinyurl.com/BlackBoxVotingBook >, which presents much credible evidence of U.S. election frauds and the forces behind them from the 19th century to 2004, and also in a 2006 documentary video she co-produced—*Hacking Democracy*: < preview.tinyurl.com/HackingDemoc >

- **Center for Hand-Counted Paper Ballots**
  https://www.handcountedpaperballots.org
  "A non-partisan organization to ensure that each voter knows that their vote counts and is counted as intended. For voters to have confidence in our election system, vote counting must be perceived as fair and BE fair; the entire election process must be transparent." Good analyses of skewed election results.

- **"Donald Trump Warned of a 'Rigged' Election: Was He Right?"**
  by Jonathan D. Simon, (24 January 2017)
  https://preview.tinyurl.com/2016-Rigged-Election
  "It is critical that we take stock of things as they are, not as we would wish them to be, so that we can begin to plan, organize, and do what needs to be done. What *might* move our "representatives" to reform our electoral and vote counting processes and thereby restore public sovereignty to our nation? Mass action? Tax revolt? General strike? Uncharted territory for Americans—unfamiliar, anxiety-provoking. But one thing is evident as we face our new, disrupted, post-2016 election world: Our hope lies not in mere public *pressure* but rather in public *insistence*. That is the cure, and likely the only cure, for our failed electoral organ and our democracy's grave illness."

- **Electronic Voting**
  https://www.notablesoftware.com/evote.html
  The excellent electronic voting page of the website of Rebecca Mercuri, a Ph.D. software engineer who is "adamantly opposed to the use of fully electronic or Internet-based systems for use in anonymous balloting and vote-tabulation applications." Much referenced evidence is provided to back up her position (including the fact that hand-counted paper ballot systems are less than half the cost of machine-based systems).

Election-Thefts *(cont'd)*

Online *(cont'd)*: [NOTE: If any links are broken, try accessing them *via* the Internet Archive (https://archive.org/web) and/or the Library of Congress Web Archives (webarchive.loc.gov)]

- **National Freedom of Information Coalition**
  https://www.nfoic.org
  If you run into obstacles in obtaining your voting-precinct's voter-registration list from your county's or state's election division, this is a very useful site for information about how to overcome them and ensure (a) your access to it and,
  thus, (b) your ability to start your precinct's NC-PA.

- **The Free Press**
  https://freepress.org/departments/election-issues
  The elections-integrity page of the Free Press, a feisty news organization associated with the Columbus Institute for Contemporary Journalism (CICJ). (==CAUTION==: **Though this site contains much well-documented information on election thefts over the years up to the present day, be advised that it also presents increasing amounts of disinformation and 'red-herring' articles** (*see p. 213* for more regarding 'disinformation')**.** But even disinformation can be useful, if one can tease apart the valid information from the disinformation.)

- **The Landes Report**
  https://www.thelandesreport.com/VotingSecurity.htm
  Election integrity page of activist Lynn Landes, containing many insightful and informative articles on election thefts and the rationale for hand-counted paper ballots (though they are now somewhat dated—most are from 2004–2008).

- **While We Still Have Time**
  https://www.whilewestillhavetimehandcount.org/excerpts.html
  Features extremely informative and useful excerpts from author-activist Sheila Parks' essential-reading book, *While We Still Have Time: The Perils of Electronic Voting Machines and Democracy's Solution—Hand–Counted Paper Ballots (HCPB).*

Butchered the Biosphere/Weaponizing Nature

Books and Online: [NOTE: If any links are broken, try accessing them *via* the Internet Archive (https://archive.org/web) and/or the Library of Congress Web Archives (webarchive.loc.gov)]

- **"5G: Cruel, Inhuman, and Degrading Treatment under Resolution 39/46"**
  by Planetary Association for Clean Energy (11 Feb. 2019)
  https://preview.tinyurl.com/PACE-UNHRC
  https://preview.tinyurl.com/PACE-UNHRC-Refs
  "5G, with previous generations of wireless technology, is an experiment on humanity that constitutes cruel, inhuman, and degrading treatment under [U..N] General Assembly *Resolution 39/46* of 10 December 1984. 5G deployment violates over 15 international agreements, treaties, and recommendations, including Article 7 of the *International Covenant on Civil and Political Rights*, which derives from the *Nuremberg Code of 1947*. It also violates the *Declaration of Helsinki of 1964* ...."

- **"5G: Great Risk for EU, U.S., and International Health"**
  by Martin L. Pall, PhD (2018)
  https://preview.tinyurl.com/yyhwntkf
  https://preview.tinyurl.com/WiFiScienceDirect
  A vitally important, thorough, and overwhelmingly convincing meta-analysis of the major ***independent*** scientific studies on EM radiation's effects on biological organisms to date, *including humans*. It's an overview of the many *non*-thermal biological effects studies of micro-/millimeter-wave radiation on organisms. At 90 pages, it's not a short story, but one should consider it a duty of being a responsible citizen to *at least read the first 3 pages*—they will blow your mind and make you *want* to derail the oncoming 5G juggernaut.

- **"A 5G Future: Will It Give Us a Smart nation or Contribute to an Unhealthy One?"**
  by Dr. Cindy Russell, *Bulletin of the Atomic Scientists* (Jan./Feb. 2017)
  https://preview.tinyurl.com/A-5G-Future
  "Concerns continue to rise about the basic safety of our use of wireless technologies, not to mention adding layers of newer microwave frequencies that have not been tested for short term or long-term safety. Important questions have not been addressed, while industry and government policy have already moved forward. Why is the FCC streamlining permitting of 5G high frequencies when they have not completed their investigation on health effects nor updated safety limits for low-intensity radio-frequency radiation?"

Butchered the Biosphere/Weaponizing Nature *(cont'd)*

Books and Online *(cont'd)***:** [NOTE: If any links are broken, try accessing them *via* the Internet Archive (https://archive.org/web) and/or the Library of Congress Web Archives (webarchive.loc.gov)]

- **"Adverse health effects of 5G mobile networking technology under real-life conditions"**
  by Ronald Kostoff (et al). (May 1, 2020)
  https://preview.tinyurl.com/RealLife5GEffects
  "Identifies wide-spectrum of adverse health effects of non-ionizing non-visible radiation. Most laboratory experiments were not designed to identify the more severe adverse effects reflective of real-life conditions. **Many experiments do not include the real-life pulsing and modulation of the carrier signal.** Also, the vast majority of experiments do not account for synergistic adverse effects of other toxic stimuli with wireless radiation. 5G mobile networking technology will affect not only the skin and eyes, but will have adverse systemic effects, as well."

- **"The Amazon Is Burning at a Record Rate, and the Devastation Can Be Seen from Space"**
  by Aylin Woodward, *Business Insider* (22 August 2019)
  https://preview.tinyurl.com/AmazonBurns2019
  "This year so far, scientists have recorded more than 74,000 fires in Brazil. That's nearly double 2018's total of about 40,000 fires. The surge marks an 83 percent increase in wildfires over the same period of 2018, Brazil's National Institute for Space Research reported. The largest state in Brazil, Amazonas, declared a state of emergency on Monday."

- ***Bioeffects of Selected Non-Lethal Weapons [Addendum** to NGIC-1147-101-98:"Nonlethal Technologies—Worldwide]*
  By U.S. Army (17 February 1998)
  https://preview.tinyurl.com/EMF-NLW-Bioeffects-1998
  This is the addendum to a U.S. Army report on 'Non-Lethal Weapons'. Extremely low frequency EMFs (*e.g.*, 60 Hz) suggest adverse effects on human health (*e.g.*, cancer, reproduction difficulties, *etc.*) "Some investigators describe similarities between microwave radiation and drugs regarding their effects on biological systems. …. Microwave hyperthermia (even with only a 1°C increase in brain temperature) may disrupt working memory, resulting in disorientation. …. Words were successfully communicated using speech-modulated microwave energy. Additional development of this will open up a wide range of possibilities." [*A wide range, indeed.*]

Butchered the Biosphere/Weaponizing Nature *(cont'd)*

Books and Online *(cont'd)***:** [NOTE: If any links are broken, try accessing them *via* the Internet Archive (https://archive.org/web) and/or the Library of Congress Web Archives (webarchive.loc.gov)]

- *The BioInitiative Report* (2012–2019)
  https://biointiative.org
    "The great strength of the BioInitiative Report (www.bioinitiative.org) is that it has been done independent of governments, existing bodies, and industry professional societies that have clung to old standards. Precisely because of this, **the *BioInitiative Report* presents a solid scientific and public health policy assessment that is evidence-based.   [***There are increased*] brain-tumor risks, genetic damage, effects on memory, learning, behavior, attention; sleep disruption, cancer, neurological diseases, fertility and reproduction, and fetal and child brain development.** Biological actions and public health responses in various countries are also discussed."

- **"Can 5G Phased-Array Antennas Generate Brillouin Precursors?"**
  by Don Maisch
  https://preview.tinyurl.com/5G-BrillouinPrecursors
    A Brillouin precursor is a very fast pulse of microwave radiation, which—upon exposure to the human body—generates a burst of energy that travels much deeper than predicted by conventional models. **"A 10 Gbps (gigabits per second) data rate or higher [***using phased-array antenna*] would be sufficient [***to create Brillouin precursors*], and that would be worrisome."** "In November 2018, GSMA—the global industry organization representing mobile operators—published its policy position on the 5G spectrum. A quote: '…specific criteria for IMT-2020—commonly regarded as 5G –will support the following use cases: 1. Enhanced mobile broadband, **including peak download speeds of at least 20 Gbps.…***'

- **"Cell-Phone Radio Frequency Radiation Studies"**
  by U.S. National Toxicology Program (NTP) (January 2020)
   https://preview.tinyurl.com/NTP-EMF-Studies
    An overview of the NTP's toxicology studies that found clear evidence of tumors in the hearts, brains, and adrenal glands of experimental animals exposed to even low levels of pulsed electromagnetic radiation corresponding to 2G and 3G EMF waves.

- **"Compilation of Research Studies on Cell Tower Radiation and Health"**
  by Environmental Health Trust
  https://preview.tinyurl.com/EHT-RF-Rad-Studies
    Extremely convincing compilation of EMF-health-effects studies. Answers: "What does the published research say about cell tower radiation and health?"

Butchered the Biosphere/Weaponizing Nature *(cont'd)*

Books and Online *(cont'd)*: [NOTE: If any links are broken, try accessing them *via* the Internet Archive (https://archive.org/web) and/or the Library of Congress Web Archives (webarchive.loc.gov)]

- **"Electromagnetic Radiation Spectrum"**
  https://preview.tinyurl.com/emf-spectrum
  Basic reference chart of the EMF spectrum.
    Useful color chart illustrating different aspects (wavelength size, typical uses, *etc.*) of the electromagnetic spectrum, from AM radio to cosmic gamma rays.

- *ElectrosmogReport*
  By ElektrosmogReport
  https://preview.tinyurl.com/ElectrosmogReportIndex
    Free monthly English pdf versions of the informative *ElektrosmogReport*—in effect, a German version of *Microwave News.* "Over the past 25 years, the editorial staff has reviewed scientific studies on EMF's effects on health each month. The *ElektrosmogReport* is available online as a free download at the database website https://www.EMFData.org/en. In view of the rapidly increasing exposure of the public to non-ionizing radiation as a result of the massive proliferation of smartphones and 5G technologies, we are urgently in need of scientific clarity to provide well-established arguments for establishing protective and preventive policies."

- **EMR Network v. Federal Communications Commission and United States of America, 391 F.3d 269**
  By D.C. Circuit Court of Appeals (11 Feb. 2005)
  https://preview.tinyurl.com/EMRvFCC-2005
    This case represents one of the major legal barriers to changing the FCC's regulation regarding the ban on local prohibitions of various EMF frequencies. The plaintiffs (EMR Network) tried to force the FCC to revise its RF exposure limits downwards in light of evidence showing harm at lower-than-legal-maximum rates. Yet the DC Circuit Court of Appeals decided, in a twist of legal logic, that: "We find nothing in those studies so strongly evidencing risk as to call into question the FCC's decision to maintain a stance of what appears to be 'watchful waiting.' In its reply brief EMR tried to shore up its factual case by offering additional reports of non-thermal risks. **But, as these reports had not been submitted to the FCC *before* EMR had acted, the judge ruled that "*they cannot be a basis for overturning the order.*"**

Butchered Biosphere/Weaponizing Nature *(cont'd)*

Books and Online *(cont'd)***:** [NOTE: If any links are broken, try accessing them *via* the Internet Archive (https://archive.org/web) and/or the Library of Congress Web Archives (webarchive.loc.gov)]

- **From Hiroshima to Fukushima to You**
  By Dale Dewar and Florian Oelck (2014)
  https://preview.tinyurl.com/Rad-Facts (*the book's Amazon page*)

  Several of this book's chapters present the essential facts. Topics like radiation in medicine, industrial uses of radiation, nuclear power plants, uranium mining, transport of radioactive materials, and radiation in war are expertly handled. At the end, a Notes section provides references to mostly online sources, drawn from the global nuclear industry, the popular press, scholarly journals, and various online locations. The book also shines in the clarity of its definitions. The proper usage of measurements—like Becquerels and millisieverts—is also expertly explained, as is the potentially confusing topic of radiation hormesis.

- **"Getting Away with Murder: Shell's Complicity with Crimes Against Humanity in Nigeria"**
  by Earth Rights International (~2013)
  https://preview.tinyurl.com/ShellDthSqds
  "When the Ogoni people of Nigeria organized in protest of Shell Oil Corporation's operations in Nigeria, Shell worked with the Nigerian military to crack down on the Ogoni. Nigerian soldiers used deadly force and massive, brutal raids against the Ogoni people throughout the early 1990s to repress a growing movement against the oil company. This crackdown culminated in the torture and execution of acclaimed writer and environmentalist Ken Saro-Wiwa and 8 other leaders, known as the 'Ogoni Nine'."

- **"Human Skin as a Sub-THz Receiver—Does 5G Pose a Danger to It…?"**
  by Noa Betzalel, *et al.* (Feb. 22, 2018)
  https://preview.tinyurl.com/SweatGlandAntenna1
  "Sweat ducts are helical antennae for sub-THz bands, with reflectance depending on perspiration. Sweat duct antennae lead to high specific-absorption rates (SARs) of skin exposed to extremely high-frequency bands."

- **"Introducing Brillouin Precursors"**
  by *Microwave News* (Feb.–March 2002)
  https://preview.tinyurl.com/Brillouin-Precursors
  "When a very fast pulse of radiation enters the human body, it generates a burst of energy that can travel much deeper than predicted by conventional models. This induced radiation pulse is known as a **'Brillouin precursor'**…. Pulses that produce a Brillouin precursor can deliver a significant amount of their energy deep into tissue"

Butchered Biosphere/Weaponizing Nature *(cont'd)*

Books and Online: [NOTE: If any links are broken, try accessing them *via* the Internet Archive (https://archive.org/web) and/or the Library of Congress Web Archives (webarchive.loc.gov)]

- ***Lab 257: The Disturbing Story of the Government's Secret Germ Laboratory*** by Michael C. Carroll (August 9, 2005)
  https://preview.tinyurl.com/Lab-257-Amzn (to Amazon book site)
  "*Lab 257* blows the lid off the stunning true nature and checkered history of Plum Island. It shows that this island in the shadow of New York City is a ticking biological time bomb that none can safely ignore. Based on declassified government documents, in-depth interviews, and access to Plum Island itself, this is an eye-opening, suspenseful account of a federal government germ laboratory gone terribly wrong. For the first time, *Lab 257* takes you deep inside this secret world and presents startling revelations on virus outbreaks, biological meltdowns, infected workers, the periodic flushing of contaminated raw sewage into area waters, and the insidious connections between Plum Island, Lyme disease, and the deadly West Nile virus.

- **"Massive Wildfires Are Burning across the Globe"**
  by Trevor Hughes, USA TODAY (21 August2019)
  https://preview.tinyurl.com/GlobalFiresWorse
  "While this is the time of year when farmers often set fires in the area to clear off areas for agriculture, the Amazon rain forest has experienced a record number of fires this year, citing new data released by the country's space agency, the National Institute for Space Research (INPE). The agency said its satellite data detected more than 72,000 fires since January, **an 83% increase over the same period of 2018.**"

- **"Microwave frequency electromagnetic fields (EMFs) produce widespread neuropsychiatric effects, including depression"**
  by Martin L. Pall, PhD. *Journal of Chemical Neuroanatomy* (August 2015)
  A review of research studies on EMF's neuro-psychiatric effects and possible mechanisms. *Most find harmful changes from exposure to microwaves, especially when pulsed.*

- **"New 5G Network Spurs Health Concerns"**
  by ProjectCensored.org (April 2, 2019)
  https://preview.tinyurl.com/PrjctCnsrd-5G
  "Informed health experts strongly recommend precaution in the roll out of 5G. RFR exposure has been classified as a potential 2B carcinogen according to the World Health Organization's International Agency for Research on Cancer. Research has shown that using mobile phones seem to lead to specific brain tumors. Other studies have concluded that RFR exposure has been associated with DNA breaks (related to cancer), oxidative damage (leading to tissue deterioration and premature aging), disruption of cell metabolism, increased blood-brain barrier permeability, melatonin reduction (leading to insomnia and less anti-oxidant activity), plus many others."

Butchered Biosphere/Weaponizing Nature *(cont'd)*

Books and Online *(cont'd)***:** [NOTE: If any links are broken, try accessing them *via* the Internet Archive (https://archive.org/web) and/or the Library of Congress Web Archives (webarchive.loc.gov)]

- **"Petrobusiness and Security Threats in the Niger Delta, Nigeria"**
  by Kenneth Omeje, University of Bradford
  https://preview.tinyurl.com/NigerianPetroViolence2
  "Oil-bearing communities have suffered more losses via ecological devastation and violent crackdowns on oil communities and anti-oil protesters by the state's security forces. The state's military intervention in the Ogoni uprising of 1993–5 and in the Ijaw resistance from the mid-'90s onwards killed thousands of local people and countless properties were destroyed. Many were also made homeless by the state's violence and oil-related environmental degradation."

- **"Planetary Electromagnetic Pollution: It Is Time to Assess Its Impact"**
  by Priyanka Bandara and David O. Carpenter, *The Lancet* (Dec. 2018).
  https://www.thelancet.com/pdfs/journals/lanplh/PIIS2542-5196(18)30221-3.pdf
  https://preview.tinyurl.com/AssessEM-Pollution

  Admitting that artificial EMFs' negatively affects our well-being and published in one of the leading medical journals, *The Lancet*. It "is widely claimed that radiofrequency EM radiation, being non-ionizing, does not have enough photon energy to cause DNA damage. **This has now been proven wrong experimentally**."

- **"Policy Guidance Regarding Wireless Radiation"**
  by Patrick and Angie Colbeck (Sept. 2018)
  https://preview.tinyurl.com/Policy-Re-Wireless-Rad
  "The purpose of government is to secure the rights of the governed. A key question that policy makers need to ask is: *"Do the perceived benefits for our citizens outweigh the risks?"* If elected representatives are unable or unwilling to ask this question and respond with sound policy decisions, we believe that individual citizens should be empowered to make those decisions for themselves."

- **"'Project Bizarre': Weapons Implications…"**
  by John J. McMurtrey (10 Nov 2008)
  https://preview.tinyurl.com/NeuroWeaponsImplications
  "**Pulsed 9.8 GHz EMF, +/- 10 mW/cm^2 power density.** 30-minutes exposure prior to performance assessment during pulsed frequencies. **Results: increased inappropriate responses.** The 5 mW/cm^2 power density increased inappropriate responses. 9.8 GHz—both at pulsed and as continuous wave frequencies—also increased inappropriate responses.   "Scientists—often with military laboratory affiliations, produced similar performance degradations to those found with signal modulations. **The threshold for effect is above 0.5 mW/cm^2**."

<u>Butchered Biosphere/Weaponizing Nature</u> *(cont'd)*

Books and Online *(cont'd)***:** [NOTE: If any links are broken, try accessing them *via* the Internet Archive (https://archive.org/web) and/or the Library of Congress Web Archives (webarchive.loc.gov)]

- "**Radiation Research and the Cult of Negative Results**"
  by [Louis Slesin], *Microwave News* (July 2006)
  https://preview.tinyurl.com/CultOfNegResults
  > "When we investigated who sponsored the microwave-DNA papers published in [the journal] *Radiation Research*, we discovered that 4 out of 5 were paid for by the wireless industry—notably Motorola and/or the US Air Force; both have a long history of trying to control or suppress EMF research. [I]ndustry and the USAF paid for more than 75% of all the negative genotox studies … published in *all* the various journals."

- **Sustainable Pulse**
  https://sustainablepulse.com/
  > "Sustainable Pulse is owned and maintained by a group of concerned citizens and scientists, and provides the general public with the latest global news on GMOs, Sustainable Food and Sustainable Agriculture from our network of worldwide sources." Sustainable Pulse is also involved in a number of reference projects – all of which have the aim of educating the public on the possible harm caused by GMOs. The founder is research scientist Dr. Gilles-Eric Seralini. Dr. Seralini conducted a two-year health study with rats that were fed diverse percentages of GMO foods, around 2012. The results of that study (finding gross tumors, kidney damage, *etc.*) caused much controversy following their publication. (Details covered on the site.)

- **U.S. Code Title 47, Section 332**
  https://preview.tinyurl.com/USC-47-Sec332
  > "No State or local government or instrumentality thereof may regulate the placement, construction, and modification of personal wireless service facilities on the basis of the environmental effects *[including human-health effects, allegedly as interpreted by a U.S. court]* of radio-frequency emissions to the extent that such facilities comply with the Commission's regulations concerning such emissions."

- "**UW Scientist Henry Lai Makes Waves in the Cell Phone Industry**"
  by Naomi Ishisaka, *Seattle Magazine* (Jan. 2011)
  https://preview.tinyurl.com/HenryLai
  > Dr. Henry Lai analyzed the available studies of RF's bio-effects and where the studies' funding came from. 50% of the 326 studies showed a bio-effect from radio-frequency radiation and 50% did not. But when filtered into two stacks—one funded by the wireless industry and one funded independently—Lai discovered that *industry-funded studies were only 30% likely to find an effect, versus 70% of the independent studies.*

Butchered Biosphere/Weaponizing Nature *(cont'd)*

Books and Online: [NOTE: If any links are broken, try accessing them *via* the Internet Archive (https://archive.org/web) and/or the Library of Congress Web Archives (webarchive.loc.gov)]

- **"What You Need To Know About5G Wireless and "Small" Cells."**
  By Environmental Health Trust (EHT)
  https://preview.tinyurl.com/EHT-5G-Overview
  "[R]adiation from "small-cells" is not small. Each can have over a thousand antennas transmitting simultaneously. [M]illions of these transmitters will be built in our rights-of-way and in front of our homes. 5G will use current 3G and 4G frequencies and higher frequencies, too. **Community authority is overruled.** 'Streamlining' means almost automatic approval. Public notice and public hearings are eliminated."

- **"Why Fry the Planet? – 5G as Existential Threat"**
  by James Heddle and Mary Beth Brangan (April 24, 2019)
  https://preview.tinyurl.com/WhyFryThePlanet
  "Adding the 'taking' of public assets, the mountains of evidence regarding public health damage, the proven fire dangers, and the destruction of property values, the case against 5G—as opposed to the case for municipal fiber-optic networks—would seem crystal clear for responsible local authorities. …. The 5G juggernaut rolls on. **The only force than can stop it is what Eisenhower called 'a vigilant and informed citizenry.' Don't look around for them--that must be all of us."**

- **"Why It's Time to Study How Rocket Emissions Change the Atmosphere"**
  by Loreen Grush (May 31, 2018)
  https://preview.tinyurl.com/Rockets-Destroy-Ozone-Layer
  "Every rocket launch produces a plume of exhaust in its wake that leaves a mark on the environment. These plumes are filled with materials that can collect in the air over time, potentially altering the atmosphere in dangerous ways. It's a phenomenon that's not well understood. Some scientists say we need to start studying these emissions now before the number of rocket launches increases significantly." With many 100s of launches a year to merely replace the LEO and VLEO 5G/IoT satellites that fall back to Earth or break up due to atmospheric drag, this issue is of extreme concern.

Butchered Biosphere/Weaponizing Nature *(cont'd)*

Books and Online: [NOTE: If any links are broken, try accessing them *via* the Internet Archive (https://archive.org/web) and/or the Library of Congress Web Archives (webarchive.loc.gov)]

SARS-CoV2-Related

- **"COVID19 PCR Tests are Scientifically Meaningless"**

  By Torsten Engelbrecht and Konstantin Demeter (27 June 2020)
  https://preview.tinyurl.com/PCRTestIsNotDiagnostic

  > "When RNA converts to cDNA, the DNA obtained with the same RNA base material can vary widely, even by a factor of 10. Considering that DNA sequences are doubled every cycle, **even slight variations become magnified and thus alter the result, annihilating the test's reliable informative value.** …. [T]he reasons and motives remain speculative, and many involved acted in good faith; but the science is clear: The numbers generated by RT-PCR tests do not justify frightening people who have been tested "positive" and imposing lockdown measures plunging people into poverty , despair, or even driving them to suicide`-."

- **"COVID-19 is bad. Dirty air makes it worse."**
  By Elizabeth Ridlington (June 8, 2020)
  https://preview.tinyurl.com/BadAirAndCOVID19

  > "Studies suggest that air pollution may make COVID-19 infections more severe [*and*] fit with previous research documenting how air pollution damages our bodies and makes us more vulnerable to infectious diseases."

- **"Coronavirus Gives a Dangerous Boost to DARPA's Darkest Agenda"**
  by Whitney Webb (4 May 2020)
  https://preview.tinyurl.com/covid-darpa-1

  > "Most technologies receiving positive media coverage (thanks to COVID) were developed several years ago. These include DARPA-funded platforms to produce human DNA and RNA vaccines. These classes of vaccine have **never** been approved for widespread human use in the U.S. They involve injecting foreign genetic materials into a human body. Notably, it is this class of vaccine—now produced by DARPA-partnered companies [*e.g.,* Moderna]—that billionaire and global health 'philanthropist' Bill Gates recently asserted has him "*most excited*" relative to other Covid-19 vaccine candidates. Yet key aspects regarding these vaccines—and other DARPA 'healthcare' initiatives—are left out of recent positive reports, likely because they provide a window into the agency's darkest agenda."

- **"Declaration Under the Public Readiness and Emergency Preparedness Act for Medical Countermeasures Against COVID-19** (URLs)
  By the U.S. Health and Human Services Department (17 March 2020)
  https://preview.tinyurl.com/**no-vax-mfr-liability**

Butchered Biosphere/Weaponizing Nature *(cont'd)*

Books and Online: [NOTE: If any links are broken, try accessing them *via* the Internet Archive (https://archive.org/web) and/or the Library of Congress Web Archives (webarchive.loc.gov)]

SARS-CoV2-Related

- **"Facts about COVID-19"**
  by Swiss Policy Research *(regularly updated)*
  https://swprs.org/facts-about-covid-19
  > "Facts about Covid-19 by experts in the field. According to the latest studies, the lethality of Covid-19 in the general population is between 0.1% and 0.5% in most countries, like to the medium influenza pandemics of 1957 and 1968. .… In most places, the risk of death for the healthy general population of school and working age is comparable to a daily car ride to work. **The risk was initially overestimated as many with mild or no symptoms weren't taken into account."**

- **"False positive tests"**
  By Malcom Kendrick, MD (28 Sept. 2020)
  https://preview.tinyurl.com/PCR-False-Pos
  > "The PCR test is best used to *confirm* the diagnosis of infection based on clinical signs and symptoms. *It should NEVER be used as the sole determinant in the diagnosis* of a case. **One source of false positives is the persistence of fragments of viral RNA long after a patient recovered and is no longer infective.** But these fragments are amplified by PCR and so give a positive result indistinguishable from a genuine case. | The swab samples are "dirty" samples—full of bacteria, fungi, viral and host DNA/RNA. Some of these will have high percentage sequence homology [*homology: similar base-pair sequencing]* to the gene sequences targeted by the PCR assay, and these can also be amplified *[into false positives]."*

- **"Former Pfizer Chief Science Officer Says, "Second Wave" Faked on False-Positive COVID Tests"**
  by Ralph Lopez (1 Oct. 2020)
  https://preview.tinyurl.com/SCV2-False-Pos
  > "In a stunning development, former Chief Science Officer Dr. Mike Yeadon for the pharmaceutical giant Pfizer says, "There is *no* science to suggest a second wave should happen." The "Big Pharma" insider asserts that false-positive results from inherently unreliable COVID tests are being used to manufacture "second-wave" accounts on all "new cases" (as diagnosed by the already proven-faulty SARS-CoV2 diagnostic test, RT-PCR. Dr. Mike Yeadon, former VP and CSO for Pfizer for 16 years, says that **half or even "almost all tests for COVID are false positives**." **The PCR test measures "simply partial RNA sequences that were originally from an intact virus." These are just pieces of dead virus (partial viruses cannot make anyone sick even when transmitted to others).**

Butchered Biosphere/Weaponizing Nature *(cont'd)*

Books and Online: [NOTE: If any links are broken, try accessing them *via* the Internet Archive (https://archive.org/web) and/or the Library of Congress Web Archives (webarchive.loc.gov)]

SARS-CoV2-Related *(cont'd)*

- **Estimated Influenza Disease Burden**
  by U.S. Centers for Disease Control and Prevention (CDC) (Jan. 9, 2020)
  https://preview.tinyurl.com/FluMortalityCDC
    Useful information about past years' flu mortality statistics.

- **"HCG Found in WHO Tetanus Vaccine in Kenya Raises Concern in the Developing World"**
  by JOller (EtAl) (27 Oct. 2017)
  https://preview.tinyurl.com/**SterilityByVaccine2**
    "hCG found in at least half the WHO vaccine samples known by the doctors involved in administering the [*Gates-funded*] vaccines used in Kenya. Our opinion is that **the Kenya 'anti-tetanus' campaign was** reasonably called into question by *the Kenya Catholic Doctors Association. It's viewed* as *a front for population reduction."*

- **"How Moderna Will Fare after Posting Strong Clinical Results"**
  by Chris Lau (28 August 2020)
  https://moderna-mRNA-results
    "When Moderna mass produces the vaccine and distributes it worldwide, it will need to advertise its efficacy and safety. Otherwise society will give in to the anti-vaxxer movement. Instead of protecting the population from SARS-2, those unwilling to take the two-dose vaccine will spread the virus and endanger vulnerable groups. …. Moderna has a potential vaccine that will help prevent the continued spread of the coronavirus worldwide. **People will need two doses initially.** If this first documented re-infection report is a sign of things to come, then *repeated vaccines are a possibility. This increases Moderna's total addressable market and raises its revenue potential.*"

- **Moderna Therapeutics 2019 Shareholder Letter**
  By Moderna Therapeutics (Fall 2019)
  https://preview.tinyurl.com/Moderna-Funding
    "Strategic collaborators contribute therapeutic expertise, help validate Moderna's mRNA platform, and provide a quarter of our total capital…. **As of September 30, 2019, Moderna had up to $187 million in additional funding available from grants (including amounts not yet committed)** *[from the]* Biomedical Advanced Research and Development Authority (**BARDA**); Defense Advanced Research Projects Agency (**DARPA**); and The Bill and Melinda Gates Foundation. Additional funding is subject to agreement on scope of additional projects."

Butchered Biosphere/Weaponizing Nature *(cont'd)*

Books and Online: [NOTE: If any links are broken, try accessing them *via* the Internet Archive (https://archive.org/web) and/or the Library of Congress Web Archives (webarchive.loc.gov)]

SARS-CoV2-Related *(cont'd)*

- **"Open Letter: Refuting Politifact's "Fact Check"** *[of authors' previous off-Guardian.org article, "*COVID19 PCR Tests are Scientifically Meaningless*"]*
  By off-Guardian.org (31 July 2020)
  https://preview.tinyurl.com/RTPCR-Rebuttal
  "[S]ince the viral genome cannot be procured from a single particle, one must obtain it from a large mass of identical purified particles, or at least material that does not contain extraneous RNA. *If there is no evidence for purification…, how is it possible that the RNA obtained is a viral genome? How can such RNA be widely used for the diagnosis of infection with a new virus? How can the PCR test be 'eminently suitable for viral detection'?*"

- **Reverse-Transcription Polymerase Chain Reaction (RT-PCR)**
  By Wikipedia.org (October 2020)
  https://preview.tinyurl.com/RTPCR-Info
  "RT-PCR is a lab technique combining reverse transcription of RNA into DNA (called complementary DNA or cDNA) and amplification of specific DNA targets using polymerase chain reaction (PCR). It is primarily used to measure the amount of a specific RNA." …. "[W]hile there are numerous publications utilizing the technique, many provide inadequate experimental detail and use unsuitable data analysis to draw inappropriate conclusions. *Due to the inherent variability in the quality of any quantitative PCR data…the studies also become impossible to replicate*."

- **"Timeline of the New Coronavirus Pandemic"**
  by Holly Secon, Aylin Woodward, and Dave Mosher*, Business Insider* (May 22, 2020)
  https://preview.tinyurl.com/COVID19-Timeline
  A useful timeline of the COVID-19 phenomenon; can help one to better navigate the initial stages of this unprecedented era.

- **"UPDATED: Bill Gates Explains that the COVID-19 Vaccine Will Likely Use Experimental Technology"**
  by Alex Pietrowski (May 15, 2020)
  https://preview.tinyurl.com/Gates-RNA-DNA-Vaccines
  mRNA- and **DNA-based vaccines** have been developed against not only SARS-CoV-2 viruses but also a variety of targets and even entire peoples, who alter behaviors and/or even cease to exist at the whim of a few. **Whoever controls a DNA-plasmid-based "vaccination" system can control, repress, or otherwise harmfully affect humanity's genetic potential for a long time.**

- **"Infection Fatality Rate of Covid-19 Inferred from Seroprevalence Data"**
  https://preview.tinyurl.com/COVID19-IFR-Low Describes SARS-CoV-2's low IFR.

'Panopticon'/Total-Control-State: General/Misc.

Online: [NOTE: If any links are broken, try accessing them *via* the Internet Archive (https://archive.org/web) and/or the Library of Congress Web Archives (webarchive.loc.gov)]

- **"81% of Suspects Flagged by Police Facial Recognition Technology Innocent"**
  by Rowland Manthorpe and Alexander Martin
  https://preview.tinyurl.com/SkyNews-FaceRecog
  > "Four out of 5 people identified by police facial recognition technology as possible suspects are innocent, according to an independent report. Researchers found that the controversial system is 81% inaccurate - meaning that, in the vast majority of cases, it flagged up faces to police when they were not on a wanted list."

- **"AR 2-28 (U//AIUO) ANNEX B - GUIDANCE FOR CIA ACTIVITIES WITHIN THE UNITED STATES.** (Doc. 0006235715)"
  by U.S. Central Intelligence Agency (2005)
  https://preview.tinyurl.com/IntelRegAR2-2B
  > The CIA's [much redacted] internal guidance document regarding procedures implementing Presidential Executive Order 12333 [*via* President Reagan], which outlines the CIA's official responsibilities. An interesting perspective.

- **"Citizens United v. Federal Elections Commission (FEC)" - No. 08–205**
  by U.S. Supreme Court (decided Jan. 21, 2010)
  https://preview.tinyurl.com/CUvFEC-2009
  https://preview.tinyurl.com/CUvFEC-2010
  > "*Citizens United v. Federal Election Commission*, 558 U.S. 310 (2010), is a landmark United States Supreme Court case concerning campaign finance. The Court held that the free speech clause of the First Amendment prohibits the government from restricting independent expenditures for political communications by corporations (including nonprofit corporations, labor unions, and other associations)."

- **"ECHELON FAQ"**
  by nsawatch.org (*ca.* ~2002)
  https://preview/tinyurl.com/Echelon-2
  > ECHELON is a vast network of data-traffic surveillance systems shared by many nation's governments. The "Scientific and Technical Options Assessment" program office of **the European Parliament commissioned two reports that describe ECHELON's activities. The reports unearthed a startling amount of evidence that suggests Echelon's powers may have been *under*estimated. The first report, *"An Appraisal of Technologies of Political Control,"* suggests that *ECHELON was "primarily targeting civilians."***

'Panopticon'/Total-Control-State: General/Misc. *(cont'd)*

Online *(cont'd)***:** [NOTE: If any links are broken, try accessing them *via* the Internet Archive (https://archive.org/web) and/or the Library of Congress Web Archives (webarchive.loc.gov)]

- **"Face Off: Law Enforcement Use of Face-Recognition Technology"**
  by Electronic Freedom Foundation (May 28, 2019)
  https://preview.tinyurl.com/EFF-FaceRecog
  "Face-recognition technologies are implemented without meaningful oversight, proper accuracy testing in the field, and legal protections to prevent internal and external misuse. This has led to the development of unproven, inaccurate systems that will impinge on Constitutional rights and disproportionately impact people of color. …. All collected data is at risk of breach or misuse by external and internal actors, and there are many examples of misuse of law enforcement data in other contexts."

- **"For Owners of Amazon's Ring Security Cameras, Strangers May Have Been Watching"**
  by Sam Biddle (Jan. 10, 2019)
  https://preview.tinyurl.com/Intrcpt-RingCams
  "From 2016, according to one source, Ring provided its Ukraine-based research and development team virtually unfettered access to a folder on Amazon's S3 cloud storage service that contained every video created by every Ring camera around the world. The video annotation team watches footage not only from the popular outdoor and doorbell camera models, but from household interiors. The source said that Ring employees at times showed each other videos they were annotating and described some of the things they had witnessed, including people kissing, firing guns, and stealing."

- **"Google & Oracle to Monitor Americans Who Get Warp Speed's Covid-19 Vaccine for up to Two Years"**
  by Whitney Webb (15 Oct. 2020)
  https://preview.tinyurl.com/CVD19Vax2YrMonitoring
  "The "captain" of Operation Warp Speed, Big Pharma executive Moncef Slaoui, said that millions of Americans receiving its Covid-19 vaccine will be monitored *via* 'incredibly precise tracking systems' to "ensure each gets two doses of the same vaccine and for adverse health effects. Google and Oracle will implement this tracking system but did not specify their exact roles beyond helping to 'collect and track vaccine data.'"

- **Geofeedia.com**
  "Geofeedia is the only patented, location-based social-media monitoring, analysis and engagement platform for law enforcement. We enable law enforcement agencies to derive social intelligence to understand, in real-time, what's happening at the locations important to them. With Geofeedia, you will have the ability to quickly search seven social-media sources by geo-location, from an address to a neighborhood, then filter results by timeframe, keywords, or specific individuals."

'**Panopticon'/Total-Control-State: General/Misc.** *(cont'd)*

Online *(cont'd)***:**   [NOTE: If any links are broken, try accessing them *via* the Internet Archive (https://archive.org/web) and/or the Library of Congress Web Archives (webarchive.loc.gov)]

- *Halkin v. Helms*
  by U.S. Court of Appeals, D.C. Circuit (Sept. 21, 1982)
  https://preview.tinyurl.com/HalkinVsHelms
  In this infamous precedent-setting decision, the Court used classic contortion of legal logic to decide it was "[u]pholding dismissal because plaintiffs [*who had sought documents regarding the CIA spying on them in the U.S.*] could not establish standing [*or right to sue*] without the use of privileged information that would indicate whether plaintiffs' communications were intercepted by the government," and also "[a]ffirming dismissal, on state secrets grounds, of action alleging unlawful CIA surveillance."

- **How Nextdoor.com Courts Police and Public Officials**
  By Sarah Holder, CityLab (21 May 2020)
  https://preview.tinyurl.com/NextDoorSpies
  "**There are compelling reasons for transparency around the activities of public employees in general, but** *the need for transparency is at its height when it comes to law-enforcement agencies.* **.... Before convening, the** [*city-officials*] **group is asked to sign an NDA—a contract that plunges the relationship between Nextdoor and city officials into murkier ethical territory.** .... Our entire country is at a 40-year historic low for violent crime, and yet people are walking around like we're living in the most violent place in the world," said Secure Justice's Hofer. "These vendors are doing a really great job of creating a sense of fear. While police officers cannot [*legally*] monitor conversations on private groups, *a feature launched in 2016 called "Forward to Police" allows users to send copies of their posts directly to the officers monitoring the account.*"

- **Nextdoor.com**
  A website that is quite upfront about its influential connections, including quintessential CIA instrument, Greylock Partners (and its venture-capital corporation, 'In-Q-Tel'), Walmart, and The Bill and Melinda Gates Foundation®.
  Describing a 'sounds-like-East-Germany' informant-based society, Nextdoor.com's website is blunt about its 'See-something? *Say*-something!'-[*to-the-authorities]* mindset, as well as its funding sources. 'If someone were to send us a DM or message or Forward to Police … that's to alert us that there is a conversation happening in our community that they would like us to be aware of.' … Nextdoor is backed by prominent investors, including Greylock Partners. [*Greylock Partners' head—Howard Cox—was a Director of the CIA's venture-capital firm 'In-Q-Tel.'* Nextdoor's CEO is also its 'Head of Product,' a Director of Walmart, and served as

'Panopticon'/Total-Control-State: General/Misc. *(cont'd)*

Online *(cont'd)***:**   [NOTE: If any links are broken, try accessing them *via* the Internet Archive (https://archive.org/web) and/or the Library of Congress Web Archives (webarchive.loc.gov)]

a technical advisor to The Bill and Melinda Gates Foundation. Make of all this what you will…. [One example: **"Introducing a New Way for Residents to Share Crime and Safety Information with Police"** by Nextdoor.com (Dec. 16, 2016) blog.nextdoor.com/2016/12/01/introducing-a-new-way-for-residents-to-share-crime-and-safety-information-with-police/]

- **"U.S. Government, Tech Industry Discussing Ways to Use Smartphone Location Data to Combat Coronavirus"**
  by Tony Romm, Elizabeth Dwoskin, and Craig Timberg (18 March, 2020)
  https://preview.tinyurl.com/smartphone-tracking
  "The U.S. is working with Facebook, Google, and an array of tech companies and health experts about how they can use location data gleaned from Americans' smart phones [*and most other 'smart' devices, including wearables (e.g., health wristbands, etc.*] to combat the *SARS-CoV-2 virus*, **including tracking whether people are keeping one another at safe distances to stem the outbreak**." [*Particular groups could be especially targeted for 'tracking', one might suppose….*]

- **"We're Being Watched"** by Adam Federman. *Earth Island Journal*, Vol. 28, No. 2 (Summer 2013).
  www.earthisland.org/journal/index.php/magazine/entry/we_are_being_watched/
  Reveals the scale and intrusiveness of both corporate and governmental surveillance and the 'dirty tricks' conducted on individuals and groups deemed as "threats" ("threat" defined as any who might negatively impact profits/power). This is a 'must-read' article to sense how ingrained and deep surveillance society is now in the U.S.

- **"The Wiretap Rooms: The NSA's Hidden Spy Hubs in 8 U.S. Cities"** by Ryan Gallagher and Henrik Moltke. *The Intercept* (June 25, 2018).
  https://preview.tinyurl.com/NSA-Data-Collectors
  "Eight AT&T facilit[ies] contain Internet networking equipment with traffic across the U.S. and the world. Evidence—including classified NSA documents, public records, and several former AT&T employees—indicate these buildings are part of an NSA spying initiative that for years has monitored billions of emails, phone calls, and online chats passing across U.S. territory." …. "A top-secret NSA memo about the court's ruling explains that the NSA collects people's messages *en masse* if a *single one* contained a "selector"–like an email address or phone number–that was featured on a target list."

Panopticon/Absolute-Control-State: 5G/Internet of Things (IoT)

Online: [NOTE: If any links are broken, try accessing *via* the Internet Archive (https://archive.org/web) and/or the Library of Congress Web Archives (webarchive.loc.gov)]

- **"5G Hackers—These 8 Groups Will Try to Hack Tomorrow's Networks"**
  by Steve Ranger, ZDNet.com (2 Dec. 2019)
  https://preview.tinyurl.com/5G-Hacking-02
  Potential 5G threats: **Cyber criminals** with advanced capabilities of organized cyber-crime. 5G is already likely a target of attempts to steal data *via* hacking, *etc.* **Insiders** are a key threat because they are in constant proximity with the core of 5G technology. **Nation states** are an important group, due to their ability to compromise 5G networks and potential motivation to do so. **Advanced militaries—public and private—** use 5G infrastructures, and thus are one of the most vital components that will be protected and likely used.

- **The 5G Summit**
  https://5gsummit.com
  https://preview.tinyurl.com/5G-Summit
  Interviews with many people knowledgeable about various aspects of the growing global 5G-telecommunications system. [*The first URL is to sign up and print transcripts for desired talks. The first 7 days are free, so you can choose which transcripts to print out for later. The 2nd URL is to a pdf transcript of the entire Summit.*]

- **"5G: The Final Assult"**
  by Jeremy Naydler (2019)
  https://preview.tinyurl.com/y4aus418
  One of the finest and best-referenced overall assessments of 5G+IoT+'StarLink+ and their effects on humans and many other species on Earth.

- **"6G is Real and Not a Ruse: Here's What 6G (and 7G) Are About**
  By Animus Society (March 22, 2019)
  https://preview.tinyurl.com/Animus-6G-7G
  "6G is about physically connecting the human mind and body to 'the 5G-communication grid' that will exist in artificial and augmented 'realities,' both wireless and technologies that operate at the molecular level [*for more info, search for terms "nanotechnology," "nanobiotechnology," and/or "neural dust"*]. '6G' is meant to enable '7G.' 7G is about controlling what 6G enables, now including the very minds of the consumers who have participated, and the controllers being the few who own it all. 7G is where they (Google, Facebook, Elon Musk, SingularityNet, Way of the Future Church, *etc.*) will seek collective godhood. 7G may very well be the endgame. Again, this is why—right now—people must analyze and dissect the space-based internet communication system that is being deployed."

Panopticon/Absolute-Control-State: 5G/Internet of Things (IoT) *(cont'd)*

Online *(cont'd)*: [NOTE: If any links are broken, try accessing *via* the Internet Archive (https://archive.org/web) and/or the Library of Congress Web Archives (webarchive.loc.gov)]

- **"Battelle-Led Team Wins DARPA Award to Develop Injectable, *Bi-Directional* Brain Computer Interface"** by Battelle (20 May 2020)
  https://preview.tinyurl.com/InjectableBMI
  "Battelle's N[3] concept for a minimally invasive neural interface system, called BrainSTORMS (Brain System to Transmit Or Receive Magnetoelectric Signals), involves the development of a novel nanotransducer that could be temporarily introduced into the body via injection and then directed to a specific area of the brain to help complete a task through communication with a helmet-based transceiver."

- *Captured Agency: How the FCC Is Dominated by the Industries It Presumably Regulates* by Norm Alster (Nov. 2017)
  https://preview.tinyurl.com/FCC-Captured
  "A detailed look at FCC…. The FCC sits at the core of a network allowing powerful moneyed interests many ways to shape its policies, even at the expense of the public."

- **"Coronavirus Gives a Dangerous Boost to DARPA's Darkest Agenda"**
  by Whitney Webb (4 May 2020)
  https://preview.tinyurl.com/covid-darpa-1
  "**DARPA experiments *use genetically modified viruses that insert genetic material into human cells—specifically neurons in the brain*—to "tweak" human brain chemistry.** DARPA-funded research altered human brain cells to produce two new proteins: *the first allows neural activity to be easily detected by external devices; and the second have magnetic nanoparticles that "induce an image or sound in the patient's mind."* [Hey, what could go wrong?]

- **"DARPA-Funded Implantable Biochip to Detect COVID-19 Could Hit Markets by 2021"**
  by Raul Diego, MintPressNews.com (September 17th, 2020)
  https://tinyurl.com/Vacc-Implants
  "An experimental new vaccine developed jointly with the U.S. government claims to be able to change human DNA and could be deployed as early as next year through a DARPA-funded, injectable biochip."

- **"EU-Coordinated Risk Assessment of the Cybersecurity of 5G Networks"**
  by The European Commission (9 Oct. 2019)
  https://preview.tinyurl.com/EU-5G-Risks
  "Hostile third countries may exercise pressure on 5G suppliers in order to facilitate cyberattacks serving their national interests. Interference could occur…by exploiting embedded or injected vulnerabilities. In addition, 5G networks can also be the target of sophisticated actions by organized crime for profit."

Panopticon/Absolute-Control-State: 5G/Internet of Things (IoT) *(cont'd)*

Online *(cont'd)***:** [NOTE: If any links are broken, try accessing *via* the Internet Archive (https://archive.org/web) and/or the Library of Congress Web Archives (webarchive.loc.gov)]

- **"If 5G Is So Important, Why Isn't It Secure?"**
  By Tom Wheeler (former Chairman, FCC) (Jan. 21, 2019)
  https://preview.tinyurl.com/5G-Hacking-01
  > As soon as Tom Wheeler resigned as FCC Chairman, he criticized the industry for enabling hacking dangers to the new 5G networks. "When 5G enables autonomous vehicles, do we want those cars and trucks crashing into each other because the Russians hacked the network? If 5G will be used for remote surgery, should that network be vulnerable to the North Koreans breaking into a surgical procedure?"

- **"Injectable Body Sensors Take Personal Chemistry to a Cell-Phone Reality"**
  by Profusa (19 March 2018)
  https://preview.tinyurl.com/BiochipImplants2
  > Continuous monitoring of diverse bodily chemistries, which—when analyzed together by AI—indicate emotions, activity, *etc. via* "tiny biosensors that become one with the body, and can stream all this data to a mobile phone and the Cloud.

- **"Memorandum Opinion, Order, and Authorization [IBFS File No. SAT-LOA-10170301-00027]"**
  by U.S. F.C.C. (19 Nov. 2019)
  https://preview.tinyurl.com/FCC-SpaceX-Approval
  > The FCC's authorization of SpaceX's application for 7,518 additional very-low-Earth-orbit (VLEO) satellites ("From 1957, a total of 8,126 objects have been launched into space. There are currently 4,857 satellites orbiting. This agency is approving more than 7,500 new satellites on top of more than 4,500 new satellites already authorized [*for SpaceX*]. Consider we have another 1,200 proposed satellites still in our pipeline for review.") Yet even that doesn't count SpaceX's applications for 30,000 *more* satellites.

- **"NASA Ames Partners With M2MI for Small Satellite Development "**
  by NASA News Release (April 24, 2008 *(note relatively early date)***)**
  https://preview.tinyurl.com/NASA-m2mi Made-5G-2008
  > **"NASA and m2mi will develop a 5th-generation telecommunications system for Internet-based services**. The co-operative effort combines NASA's expertise in nanosensors, wireless networks, and nanosatellites with m2mi's expertise in software technology, sensors, global system awareness, adaptive control, and commercialization capabilities. '5G' incorporates Voice-Over-Internet Protocol, video, data, wireless, and integrated machine-to-machine-intelligence (or 'm2mi')."

Panopticon/Absolute-Control-State: 5G/Internet of Things (IoT) *(cont'd)*

Online *(cont'd)***:** [NOTE: If any links are broken, try accessing *via* the Internet Archive (https://archive.org/web) and/or the Library of Congress Web Archives (webarchive.loc.gov)]

- **"Phased-Array Antenna"**
  by en.Wikipedia.org
  https://preview.tinyurl.com/PA-Antenna
  > A computer-controlled antenna array that creates radio-wave beams that can be steered to many points simultaneously without moving the antennas. They are mostly practical at high electromagnetic frequencies—the UHF and microwave bands—for which the antenna elements can be conveniently small. OneWeb and Starlink are planning a number of low-Earth-orbit satellite constellations, ostensibly to provide Internet connectivity. The satellites and the user terminals use phased-array antennas.

- **"PRISM Is Just Part of a Larger, Scarier Government Surveillance Program"**
  by Stephen Braun, Anne Flaherty, Jack Gillum, Matt Apuzo | AP | (15 Jun 2013)
  https://preview.tinyurl.com/PRISM-Details-1
  > "PRISM is a relatively small part of a more expansive, intrusive eavesdropping effort. It copies Internet traffic that enters and leaves the US to the NSA for analysis. Though the NSA is prohibited from spying on Americans or anyone inside the United States, shortly after the 9/11 attacks, President Bush secretly authorized the NSA to tap into the fiber-optic cables that enter and leave the U.S., knowing it would give the government unprecedented, warrantless access to Americans' private conversations."

- **PRISM Powerpoint Slides**
  By U.S. National Security Agency (April 2013)
  https://preview.tinyurl.com/PrismDocs
  > Alleged NSA Powerpoint training documents on its "PRISM" intelligence/data-gathering program.

- **"SpaceX Launches Second Batch of Starlink Broadband Satellites"**
  by Caleb Henry, Space News (11 November 2019)
  https://preview/tinyurl.com/SpaceX-2ndBatch
  > "SpaceX included several upgrades to its second set of Starlink satellites. The satellites can now generate twice as many phased-array broadband beams" as their predecessors.

- **"SpaceX Launches Starlink and BlackSky Satellites"**
  by Jeff Foust, SpaceNews.com (7 August 2020)
  https://preview.tinyurl.com/SpaceX-10thBatch
  > "The tenth SpaceX Starlink mission has upped Starlink satellites in orbit to 595. SpaceX ultimately plans a constellation of thousands of Starlink satellites to provide broadband internet access, and is preparing a beta test of the service to customers in parts of North America later this year."

Panopticon/Absolute-Control-State: 5G/Internet of Things (IoT) *(cont'd)*

Online *(cont'd)***:** [NOTE: If any links are broken, try accessing *via* the Internet Archive
(https://archive.org/web) and/or the Library of Congress Web Archives (webarchive.loc.gov)]

- **"SpaceX Submits Paperwork for 30,000 More Starlink Satellites"**
  by Caleb Henry (15 October 2019).
  https://preview.tinyurl.com/SpaceX-30000-More
  "SpaceX, which already implemented the world's largest low-Earth-orbit,
  broadband satellite constellation by far, filed paperwork in October 2019 for
  30,000 more Starlink satellites on top of the 12,000+ previously approved by the FCC."

- **"StarLink Satellite Power"**
  by Reddit.com/r/Starlink
  https://preview.tinyurl.com/Starlink-Power
  A blog discussion regarding the electrical power capabilities of the Starlink satellites.

- **"Starlink Satellite System Can Enable 5G Access in Rural Areas"**
  by CNBC TV (15 May 2019)
  https://preview.tinyurl.com/StarLink-5G-1
  5G's intersection with SpaceX's 'StarLink' project: an interview with Elon Musk,
  the founder/director of SpaceX.

- **"Understanding 6G"**
  https://preview.tinyurl.com/Understanding-6G
  "On the surface, researchers focusing on 6G are asking: *'What is it and why does the
  world need it? … What things did 5G not address?* Humans are not yet physically
  connected to the communication grid. That is why—in reality—the human mind
  and body will be at the center of 6G research, development, and implementation.*"

- **"What is 5G?"**
  https://whatis5g.info/
  "This website focuses on the downsides of 5G and the Internet of Things (IoT). With
  the help of governments, the telecommunications industry has launched a race to 5G
  and the IoT. They focus only on the supposed benefits of these and neglect to
  consider—or warn of—its serious and multi-faceted harms. The telecom industry,
  echoed by our government officials, insist they are merely 'responding to public
  demand.' Yet most people ***don't even know what 5G and the IoT really are.*** This
  website takes a hard look at 5G and the Internet of Things–***free from industry and
  government bias and spin.*** We do not hide our viewpoint… After looking into 5G
  and the IoT, you may agree that both the real and touted benefits do *not* outweigh the
  harms. Whatis5g.info delineates nine areas of 5G/IoT harm: *Health; Environment;
  Cybersecurity; Privacy; Energy; Brains & Humanity; E-waste; Conflict Minerals;* and *Ethics.*"

Panopticon/Absolute-Control-State: 5G/Internet of Things (IoT) *(cont'd)*

Online *(cont'd)***:**   [NOTE: If any links are broken, try accessing *via* the Internet Archive (https://archive.org/web) and/or the Library of Congress Web Archives (webarchive.loc.gov)]

- **"Why 5G Requires New Approaches to Cybersecurity"**
  by Tom Wheeler (former Chair of FCC) and David Simpson (Sept. 3, 2019)
  https://preview.tinyurl.com/5G-Hacking-1
  > Another amazing appeal for awareness of the danger of 5G network-enabled hacking by former FCC Chairman Wheeler (who—as FCC Chairman—had been an uncritical supporter of everything 5G). "Early generation cyber-attacks targeted intellectual property, extortion, and hacked databases. Today, the stakes are higher, as nation-states and their proxies gain footholds in our nation's critical infrastructure to create attack platforms lying in wait."

- **"Your Cell Phone *Can* Be Tapped… While Turned Off"**
  by 'Ma Bell' (12 December 2006)
  https://preview.tinyurl.com/PhonesAsMics
  > "You know about the GPS location devices in your phones, and that they can listen if you call someone. But did you know that others can listen in using the phone as a microphone, ***even when the phone has been switched off***…."

Panopticon/Absolute-Control-State: 5G/Internet of Things (IoT) *(cont'd)*

Remote-Mind-Manipulation Related

Online *(cont'd)***:** [NOTE: If any links are broken, try accessing *via* the Internet Archive (https://archive.org/web) and/or the Library of Congress Web Archives (webarchive.loc.gov)]

- **"Brain Science from Bench to Battlefield: The Realities and Risks of Neuroweapons"** (video)
  by James Giardano | Lawrence-Livermore National Laboratory (12 June 2017)
  https://preview.tinyurl.com/Giordano-Neuroweapons
  Jaw-dropping (if sometimes obtusely worded) presentation by James Giardano, Ph.D. **Dr. Giardano had earlier served** as a Senior Science Advisory Fellow of the Strategic Multilayer Assessment Group of **the Joint Chiefs of Staff of the Pentagon**. See minutes **8:00+; 27:00+;** and especially **38:00+** for ideas and visuals that put mind/brain-control issues more into clear focus.

- **"DARPA and the Brain Initiative"**
  by DARPA (2019)
  https://preview.tinyurl.com/DARPA-BrnInit
  "**Next-Generation Nonsurgical Neurotechnology (N^3):** N^3 is a safe, portable neural-interface system capable of reading from *and writing to* multiple points in the brain at once. Whereas most advanced existing neuro-technologies require surgical electrode implantation, N^3's high-resolution technology works without requirements for surgery, so it can be used by able-bodied people" [*Remember that the actual state of virtually any given technology in the hands of military and intelligence agencies and their weapons contractors is decades more advanced than the public believes it to be.*]

- **"DARPA to Resurrect Top-Secret 'Pandora Project'"**
  by gosint (22 Feb. 2017)
  https://preview.tinyurl.com/yyrs4m4
  "DARPA is starting a new program—RadioBio—to find out whether cells are able to exchange information with EMF signals, as well as what cells are saying, and how they do all this. 'RadioBio' initiative seems close to the once top-secret 'Pandora Project.'"

- **"Dopamine, Smartphones, and You"**
  by Trevor Hayes, Research Technicianh, Harvard Medical School (1 May 2018)
  https://preview.tinyurl.com/Soc-Media-Addiction
  "The short-term, dopamine-driven feedback loops we've created are destroying how society works. …. **Smartphones and the social media platforms they support are turning us into *bona fide* addicts [*complete with dopamine-relases, etc.*].** While it seems easy to dismiss this claim as hyperbole, platforms like Facebook, Snapchat, and Instagram leverage the very same neural circuitry used by slot machines and cocaine to keep us using them as much as possible."

Panopticon/Absolute-Control-State: 5G/Internet of Things (IoT) *(cont'd)*

Remote-Mind-Manipulation Related *(cont'd)*

Online *(cont'd)***:** [NOTE: If any links are broken, try accessing *via* the Internet Archive (https://archive.org/web) and/or the Library of Congress Web Archives (webarchive.loc.gov)]

- **"Interview with Elizabeth Rauscher, a Physicist Ahead of Her Time"**
  by Cheryl Welsh (3 Dec. 2011)
  http://preview.tinyurl.com/MindJustice
  "For decades, the U.S. government seems to have gone to extreme lengths to keep secret the critical neuroscience behind EMR neuroweapons—bioelectromagnetics. At the same time… government disinformation tactics were designed to make EMR mind control 'absolutely unbelievable.' A science secret has been hidden in plain sight, even as classified research might have led to … advanced EMR neuroweapons."

- **"Intrusive Brain Reading Surveillance Technology: Hacking the Mind"**
  by Carole Smith (Dec. 13, 2007)
  https://preview.tinyurl.com/MindHacking
  https://preview.tinyurl.com/MindHacking-1
  Carole Smith describes claims that neuroscientists are developing brain scans that can read people's intentions in the absence of serious discussions about the ethical issues this raises, and despite the fact that the research has been backed by governments of the UK and US.

- **"Neurophysiologic Effects of Radiofrequency and Microwave Radiation"**
  by W. Ross Adey (1979)
  https://preview.tinyurl.com/Adey1979
  "[W]e exposed awake cats to a 450 MHz. 0.375 mW/cm.2 field, amplitude modulated at 16 Hz. In eight of the 12 experiments,, there was a sharp rise in Ca2+ efflux, **with a response curve identical to that obtained by direct electrical stimulation of brain tissue at the same intensity."** "[G]roundwork has been laid that **strongly emphasizes the potential impact of these signals at very low levels**.…"

- **"Patents by Inventor Hendricus G. Loos"**
  by Justia.com (Oct. 2020)
  https://preview.tinyurl.com/Loos-Patents
  [Just one example] "**Nervous system manipulation by electromagnetic fields from monitors. U.S. Patent number:** 6506148. **Abstract:** Physiological effects were observed in a human subject in response to stimulation of the skin with weak electromagnetic fields that are pulsed with certain frequencies near ½ Hz or 2.4 Hz, such as to excite a sensory resonance. Many computer monitors and TV tubes, when displaying pulsed images, emit pulsed electromagnetic fields of sufficient amplitudes to cause such excitation. It is therefore possible to manipulate the nervous system of a subject by pulsing images displayed on a nearby computer monitor or TV set."

Panopticon/Absolute-Control-State: 5G/Internet of Things (IoT) *(cont'd)*

Remote-Mind-Manipulation Related *(cont'd)*

Online *(cont'd)***:** [NOTE: If any links are broken, try accessing *via* the Internet Archive (https://archive.org/web) and/or the Library of Congress Web Archives (webarchive.loc.gov)]

- "**Project Bizarre Weapons Implications: Are Psychiatric Diagnoses and Microwave Exposure Standards Presumptive?**"
  by John J. McMurtrey (10 Nov 2008)
  https://preview.tinyurl.com/MwaveWpnsImplications
  "Reviewed are Freedom of Information Act disclosures for "Project Bizarre," a monkey microwave exposure investigation…. Neither psychology nor psychiatry have evaluated relevant technological developments, and frequently complainants of any such technology misuse are presumptively diagnosed as delusional or psychotic disorders, resulting in disenfranchisement of any human rights for genuine redress or relief. Many complainants steadfastly assert that their symptoms result from technological assault, with those most afflicted and so disabled often being presumptively diagnosed with schizophrenia, particularly the paranoid subtype. Human rights issues relevant to behavioral influence technology have not even received preliminary appropriate investigation…."

- "**Remote Mind Control Technology**"
  by Anna Keeler (~1992)
  https://preview.tinyurl.com/RemoteMK-Tech
  After 28 years, this is still a highly relevant and well-documented expose' of EMF weapons and weapons research. "The ability of certain parameters of EMF to cause health effects, including neurological and behavioral disturbances, has been part of the military and CIA arsenal for years." [*This was current as of the early 1990s; what might today's capabilities be?*]

- "**Survey of Evidence Regarding Mind Control Experiments**"
  by Cheryl Welsh (2003)
  http://preview.tinyurl.com/MindJustice
  "… the US, Russia, and major countries are developing and conducting classified mind-control *nonconsensual* experiments. Human-rights experts and political figures make comparisons of EMR weapons to the atomic bomb, among the most powerful weapons on earth. Freedom of thought can be obliterated with EMR weapons' attacks on the brain in addition to the body. Because EMR weapons are silent, undetectable, and leave no trace, some experts say WW III could be fought and won without a trace." [*This situation has only intensified since written.*]

<u>Panopticon/Absolute-Control-State: 5G/Internet of Things (IoT)</u> *(cont'd)*

<u>Remote-Mind-Manipulation Related</u> *(cont'd)*

Online *(cont'd)*: [NOTE: If any links are broken, try accessing *via* the Internet Archive (https://archive.org/web) and/or the Library of Congress Web Archives (webarchive.loc.gov)]

- **"U.S. Electromagnetic Weapons and Human Rights"**
  by Peter Phillips (*et al*) (Dec. 2006).
  https://preview.tinyurl.com/US-EM-Weapons
  "A study of the U.S. intelligence community's human-rights history of violations, and continuing research into electromagnetic weapons." An in-depth report from Project Censored at Sonoma State University, Calif.

- **U.S. Patent 3951134: "Apparatus and method for remotely monitoring and altering brain waves"**
  by Robert G. Malech (1976)
  http://preview.tinyurl.com/IBM-Patent
  "Apparatus for and method of sensing brain waves at a position remote from a subject…. The demodulated waveform also can be used to produce a compensating signal that is transmitted back to the brain to effect a desired change in electrical activity therein."

- **U.S. Patent 4877027: "Hearing system"**
  by Wayne B. Brunkan (1989)
  http://preview.tinyurl.com/Patent-RF-Hearing-1989
  "Sound is induced in the head of a person by radiating it with microwaves from 100 to 10,000 megahertz that are modulated with a particular waveform, which consists of frequency modulated bursts. …. The bursts are frequency modulated by the audio input to create the sensation of hearing in the person whose head is irradiated."

- **U.S. Patent 4940058: "Cryogenic remote sensing physiography"**
  by Barry E. Taff, *et al* (1990)
  https://preview.tinyurl.com/Patent-Remote-Pysiograph-1990
  "Apparatus and method for remotely detecting super-low frequency (SLF) and extremely-low frequency (ELF) signals emanating from human subjects. The SLF/ELF signals are of various wavelengths and amplitudes that correspond to the subject's internal physiological processes. The apparatus includes… a digital signal processor unit adapted to perform Fast Fourier Transform and autocorrelation signal analyses for separating signal wavelengths and amplitudes corresponding to internal physiological processes and representing EKG, EEG, EMG, EOG, and respiration…."

Panopticon/Absolute-Control-State: 5G/Internet of Things (IoT) *(cont'd)*

Remote-Mind-Manipulation Related *(cont'd)*

Online *(cont'd)***:** [NOTE: If any links are broken, try accessing *via* the Internet Archive (https://archive.org/web) and/or the Library of Congress Web Archives (webarchive.loc.gov)]

- **U.S. Patent 5507291: "Method and an associated apparatus for remotely determining information as to person's emotional state"**
  By Robert C. Stirbl, *et al.* (1996)
  https://preview.tinyurl.com/Patent-EmotState-1996/
  This was in 1996. How might covertly developed technologies in these areas perform today, *a quarter of a century later?* "For remotely determining information relating to a person's emotional state, a wave-form energy—having a predetermined frequency and intensity—is generated and wirelessly transmitted towards a remotely located subject. Waveform energy emitted from the subject is detected and analyzed for information relating to the individual's emotional state. ***Physiological parameters*** of blood pressure, pulse rate, pupil size, respiration rate, and perspiration level *are measured and compared to reference values to evaluate subject's responses or possible criminal intents* in security sensitive areas."

  > "It is understood that the drawings and descriptions herein are proffered by way of example—to facilitate comprehension of the invention—*and should not be construed to limit the scope thereof*"." [*emphasis added*]

- **U.S. Patent 6470214: "Method and device for implementing the radio frequency hearing effect."**
  By James P. O'Loughlin (2002)
  https://preview.tinyurl.com/Patent-RF-Hearing-2002
  "A modulation process with fully suppressed carrier and input preprocessor filtering. This produces an encoded output for amplitude modulation (AM) and audio-speech preprocessor filtering. Intelligible subjective sound is produced when encoded signals are demodulated using the RF hearing effect. Suitable carrier/waves/suppress modulation and include single sideband (SSB) and carrier-wave-suppressed amplitude modulation (CSAM), both with sidebands."

Societal Psyops

Books:

- ***Into the Buzzsaw: Leading Journalists Expose the Myth of a Free Press*** (2nd edition)
  edited by Kristina Borjesson (Prometheus, 2002)
  Riveting exposés by top news journalists (including Dan Rather) on how much of the world's news media are manipulated, distorted, and outright controlled to such an extent that it poses a significant threat to the health of any society believing itself 'free.' This book won a National Press Club award and was selected by the New York Public Library as 'one of the most extraordinary titles.' INTO THE BUZZSAW is an anthology of personal essays by distinguished reporters that detail their encounters with censorship. BUZZSAW won the National Press Club's Arthur Rowse Award for Press Criticism and also the Independent Publishers Award.

- ***Journalists for Hire: How the CIA Buys the News***
  by Dr. Udo Ulfkotte (2014)
  https://preview.tinyurl.com/Journalists-for-Hire
  "Udo Ulfkotte was the editor of the well-respected German newspaper *Frankfurter Allgemeine Zeitung* (something like a German *New York Times*). In 2014, after resigning his position, Ulfkotte published *Gekaufte Journalisten* (*Bought Journalists*), stating that the CIA and other secret services regularly paid money to journalists to report stories in a certain light. According to Ulfkotte, the CIA and German intelligence (BND) bribed journalists in Germany to write pro-NATO propaganda articles, and it is understood one may lose their media job if they fail to comply with the pro-'Western' agenda."

- ***The National Defense Authorization Act (NDAA) of 2013***
  By U.S. Congress
  https://preview.tinyurl.com/2013-NDAA
  Section 1078 of the *NDAA of 2013* specifically allows dissemination of U.S. government propaganda to the U.S. population.

Societal Psyops (*cont'd*)

Online: [NOTE: If any links are broken, try accessing them *via* the Internet Archive (https://archive.org/web) and/or the Library of Congress Web Archives (webarchive.loc.gov)]

Psyop Psychology

[The following three sets of landmark psychology experiments are often used to illustrate how vulnerable an individual—and thus society as a whole—is to being easily controlled and/or controlling. ***However, only the Asch conformity experiments seem to have been well conducted and yielded valid results.*** *The Asch results are disturbing in their ramifications, but the apparent spuriousness of the results of the other two experiment sets (Milgram's 'obedience to authority' and Zimbardo's 'prison-guards/prisoners')]—while surprising—gives one some hope.]*

1. "Asch Conformity Experiments"

by en.wikipedia.org (2019)
https://en.wikipedia.org/Asch_conformity_experiments
https://preview.tinyurl.com/GroupConformity

These were the famous 1951 'conformity experiments' by psychologist Solomon Asch. Individual college-student study subjects entered an ordinary college classroom and took a seat amongst other apparent students. What these study subjects did not know was that their fellow "students" were paid actors who had been told to give increasingly false information regarding projected various lengths of printed lines displayed to the entire group. These experiments resulted in at least 75% of study subjects conforming to the surrounding group's deliberately incorrect vocalized perceptions at least once, while **only 25% never gave an incorrect response**. This was the case even if the actor-group's determination was obviously untrue (*e.g.*, a very long line is said by all the actors (all in the classroom) to be shorter than a very short line in the small batch of options to match with.). These studies partly reveal why most people tend to *not* confront and healthfully engage with key issues of our times: instead, they will believe whatever their surrounding society believes regarding 'official' narratives about various incidents and institutions, ***regardless of any contradictory facts to those narratives that are presented to them***. Also revealing is how people will outwardly agree with their surrounding society—even when not in agreement—rather than risk unpleasant results (*e.g.*, teasing, shunning, or worse).

2. "Unpublished Data from Stanley Milgram's Experiments Cast Doubt on His Claims about Obedience"

by Eric W. Dolan (17 November 2019)
https://preview.tinyurl.com/MilgramExprmnt [Wikipedia link]
https://preview.tinyurl.com/DoubtOnMilgram

These were the infamous experiments, conducted by Stanley Milgram in the early 1960s at Yale University, in which people were alleged to have been made to think that they had seriously injured—or possibly even killed—another person by severe electroshock as long as an 'authority figure' (*e.g.*, an experimenter with white lab coat*)

Societal Psyops *(cont'd)*

Online *(cont'd)***:**   [NOTE: If any links are broken, try accessing them *via* the Internet Archive (https://archive.org/web) and/or the Library of Congress Web Archives (webarchive.loc.gov)]

condoned the act. ***However, Milgram apparently manipulated the results.*** There were mismatches between the published descriptions and the evidence of what actually happened. "**Most subjects (56%) were defiant,** and at some point refused to continue administering the electric shocks. They were also more likely to have believed that the 'learner' *was* suffering. **Those who were not as convinced that the 'learner' was *really* in pain, however, were more obedient.** Milgram publicly dismissed any suggestion that his subjects might have seen through the experimental deception, and **his work stresses his success in convincing his volunteers that the experiment was 'real,' even though his *unpublished* research showed that this was not the case**." [*emphasis added*]

3. **"The Stanford Prison Experiments"** (SPEs)
    by en.wikipedia.org (2020)
    https://preview.tinyurl.com/stanfordprisonexp
    "The Stanford Prison Experiments (SPEs) were social psychology experiments to investigate the psychological effects of perceived power and focusing on the struggle between prisoners and prison guards. It was conducted at Stanford University using college students on the days of August 14–20, 1971 by a research group led by psychology professor Philip Zimbardo [*an undergraduate classmate of Stanley Milgram*]. The U.S. Office of Naval Research funded the experiment. **Although variants of the experiment have been performed by other researchers, none of these attempts have replicated the results of the SPEs.**"

- **"20 Million Americans lost their jobs in April in the worst month since the Great Depression"** [*due to draconian responses by national and local governments to the SARS-CoV-2 virus pandemic (*a.k.a.*, 'COVID-19')*]
    by Dominic Rushe (May 8, 2020)
    https://preview.tinyurl.com/US-Unemployment
    "These are truly mind-blowing numbers," said Jason Reed, professor of finance at the University of Notre Dame. "We haven't seen anything like this since the Great Depression." The figures likely undercount the true impact, as state unemployment offices have been overwhelmed and millions are yet waiting many weeks after applying for unemployment compensation and yet are not receiving any benefits at all.

Societal Psyops *(cont'd)*

Online *(cont'd)***:**   [NOTE: If any links are broken, try accessing them *via* the Internet Archive (https://archive.org/web) and/or the Library of Congress Web Archives (webarchive.loc.gov)]

- **"5G: NYT Journalist Lying through his Teeth"**
  by 'gosint' (13 May 2019)
  https://preview.tinyurl.com/NYT-5G-Lies
  Exposes the duplicity of NYT columnist William Broad in his recent NYT article, "Your 5G Phone Won't Hurt You—but Russia Wants You to Think Otherwise." The article attributs U.S. public concern regarding the 5G telecommunications systems to the actions of a bad-actor state (*i.e.*, Russia).

- **"10 More Experts Criticizing the Coronavirus Panic"**
  by Off-Guardian.org (28 March 2020)
  https://preview.tinyurl.com/COVID19-Experts-2
  In Off-Guardian's early days (when in a far more credible phase in its transformation into a 'Pied-Piper'-style disinformation conduit), ten medical experts, who had been actively disregarded by both mainstream and pseudo-alternative media, gave their opinions on the SARS-CoV-2 ('COVID19') outbreak. "**Dr Pablo Goldschmidt: '**The ill-founded opinions expressed by international experts, replicated by the media and social networks, repeat the unnecessary panic that we have previously experienced. The coronavirus identified in China in 2019 caused nothing less than a strong cold or flu, with no difference so far with cold or flu as we know.' … **German Network for Evidence-Based Medicine**: 'In the majority of cases, COVID19 takes the form of a mild cold or is even symptom-free. [I]t is highly unlikely that all cases of infection are recorded, in contrast with deaths which are almost completely recorded. This leads to an overestimation of the death rate.'"

- **"12 Experts Questioning the Coronavirus Panic"**
  by Off-Guardian.org (24 March 2020)
  https://preview.tinyurl.com/COVID19-Experts-1
  Twelve medical experts—whose opinions on the SARS-CoV-2 (COVID19) outbreak directly contradict the official narratives of most mainstream media and social-media memes. "**Dr Sucharit Bhakdi**: 'We are afraid that 1 million infections with the new virus will lead to 30 deaths per day over the next 100 days. But we do not realize that 20, 30, 40, or 100 patients positive for normal coronaviruses are already dying every day. The government's anti-COVID1919 measures are grotesque, absurd, and very dangerous. The life expectancy of millions is being shortened. The horrifying impact on the world economy threatens the existence of countless people. The consequences on medical care are profound. Already services to patients in need are reduced, operations cancelled, practices empty, hospital personnel dwindling. All this will impact profoundly our whole society."

Societal Psyops *(cont'd)*

Online *(cont'd)***:**   [NOTE: If any links are broken, try accessing them *via* the Internet Archive (https://archive.org/web) and/or the Library of Congress Web Archives (webarchive.loc.gov)]

- **"Facebook's CIA Connections…"**
  by Jody Chutley, StPaulResearch.com (29 March 2018)
  https://preview.tinyurl.com/FB-CoConnects
  "[I]t appears…that key early investors in Facebook had direct relationships with [*CIA venture-capital firm*] In-Q-Tel or In-Q-Tel's top management at the same time that Facebook was raising capital … at the very same time, In-Q-Tel was very, very interested in gathering the kind of data that Facebook would have to offer."

- **"Facts about COVID-19"**
  by Swiss Policy Research *(regularly updated)*
  https://swprs.org/facts-about-covid-19
  "Fully referenced facts about Covid-19 by experts in the field to help readers make a realistic risk assessment. According to the latest immunological studies, the overall lethality of Covid-19 in the general population ranges between 0.1% and 0.5% in most countries, comparable to the medium influenza pandemics of 1957 and 1968. …. In most places, the risk of death for the healthy general population of school and working age is comparable to a daily car ride to work. **The risk was initially overestimated because many with mild or no symptoms were not taken into account."**

- ***The Greatest Depression*** [video]
  by James Corbett (3 March 2020)
  https://preview.tinyurl.com/Economic-Implosion
  "The world is being led into the 'Age of Biological Terror' with a controlled demolition of the economy that is already causing unprecedented carnage across markets and around the globe. As the dust settles on this demolition, an entirely new economy is ready to be erected in its place: one in which no citizen will be out of the sight of the all-seeing government [and/or others, *e.g.*, hackers]. [W]e examine the details of this collapse, and why the bankster class now seeks to destroy the financial Ponzi scheme that they themselves created.**"** [**CAUTION:** Hosts some rather disinformative thought-reform-types who are apparently 'controlled opposition.']

- **"Facebook's Strategy for Stopping False News"**
  by Tessa Lyons, Product Manager, Facebook (23 May 2018)
  https://preview.tinyurl.com/333333FalseNews
  "To help people make informed decisions about what to read, trust, and share, we're investing in news literacy…. We recently rolled out a feature to give people more information about the publishers and articles they see, such as the publisher's Wikipedia entry [*though Wikipedia is baldly biased on a number of controversial subjects*].

Societal Psyops *(cont'd)*

Online *(cont'd)***:**   [NOTE: If any links are broken, try accessing them *via* the Internet Archive (https://archive.org/web) and/or the Library of Congress Web Archives (webarchive.loc.gov)]

> "Related Articles" displays articles from third-party fact-checkers immediately below a story on the same topic. If a fact-checker has rated a story as false, we'll let people who try to share the story know there's more reporting on the subject. **We'll also notify the people who shared the story on Facebook.**"

- **"Fake-News Kings"**
  by Gavin Nascimento
  https://preview.tinyurl.com/FakeNewsKings
  > Lists 20 instances that indicate "the Government and Media (CNN, BBC, FOX, *etc.*) try to brainwash us."

- **"Hackers Could Shut Down Satellites—or Turn Them Into Weapons"**
  by William Akoto, Research Fellow, University of Denver. (Feb. 12, 2020)
  https://preview.tinyurl.com/Satellite-Hacking
  > "[*T*]he lack of cybersecurity standards and regulations for commercial satellites, and satellites' complex supply chains…, leaves them highly vulnerable to cyberattacks. …[*H*]ackers could simply shut satellites down, denying access to their services, or jam or spoof the signals from satellites, creating havoc for critical infrastructure [*including*] electric grids, water networks, and transportation systems. If hackers took control of [*satellites' thrusters*], the consequences could be catastrophic. Hackers could alter satellites' orbits and crash them into other satellites or even the International Space Station." [*Google: "Kessler syndrome"*]

- **"How the CIA and NSA Made Google" (parts 1 & 2)**
  by Nafeez Ahmed (22 January 2015)
  https://preview.tinyurl.com/WhatMadeGoogle-1
  https://preview.tinyurl.com/WhatMadeGoogle-2
  > An in-depth, detailed history of CIA's & NSA's roles in creating Google and Facebook.

- **"Italy: Only 12% of 'COVID1919 Deaths' List COVID19 as *Cause.*"**
  By Off-Guardian.org (March 23, 2020)
  https://preview.tinyurl.com/PseudoCOVID19-Deaths
  > "What does this [*12% of deaths listing COVID19 as cause of death was actually far less*] actually mean? It means thousands of deaths currently attributed to COVID1919, and also being used to justify the introduction of measures equating to medical martial law, may not have died from COVID19 at all but of their serious chronic co-morbidities (cancer, heart disease, *etc.*). This statistic is not secret or in any way controversial; it was in *The Telegraph* [*a leading British newspaper*]."

Societal Psyops *(cont'd)*

Online *(cont'd)***:** [NOTE: If any links are broken, try accessing them *via* the Internet Archive (https://archive.org/web) and/or the Library of Congress Web Archives (webarchive.loc.gov)]

- **"Nextdoor's misinformation policy"**
  by Nextdoor.com
  https://preview.tinyurl.com/NextdoorMisinfo
  "Nextdoor reserves the right to take action (including removing posts and suspending or deactivating member accounts) prohibiting organizing activities, and preventing the spread of false claims and conspiracy theories about COVID-19, including: its causes; its cures; and prevention methods; that might be misleading or harmful to our neighbors and communities. [W]e will do our best to align any action we take with the guidelines of trusted public health officials. [*!*] **To combat the spread of misinformation about the Census, the Census Bureau is working alongside the intelligence community, Homeland Security Department, and technology companies to monitor websites for signs of misinformation.** Nextdoor works to proactively identify and remove content (and bad actors) who violate our Census non-interference policy."

- **"Operation Mockingbird"**
  by WikiSpooks.com
  https://preview.tinyurl.com/OpMckngbrd
  "Operation Mockingbird is a CIA project started in the early 1950s to control the corporate media. It has been so successful that this site refers to them as the "corporate/controlled media," in contrast to independent publishers on the Internet. Implications for Wikipedia's deeming big media as 'reliable' and 'notable' are dire."

- **"Planting Stories in the Press"**
  by Whitney Webb (12 February 2018)
  https://preview.tinyurl.com/official-fake-news
  Deep inside "the *NDAA of 2013* was a small piece of legislation tacked onto it, signed into law that same year by then-President Obama. Titled "Smith-Mundt Modernization Act of 2012," it lifted the long-existing ban on the domestic dissemination of U.S. government-produced propaganda."

- **"Planting Stories in the Press"**
  by Project Censored, CSU-Sonoma (8 October 2019)
  https://preview.tinyurl.com/FB-US-Tool
  To "fight 'fake news'" and protect U.S. democracy from 'foreign influence,' Facebook established partnerships in 2018 with the Atlantic Council (a NATO-sponsored think tank) plus the National Democratic Institute and International Republican Institute. These result in state censorship, and Facebook serves as a U.S. foreign-policy tool."

Societal Psyops *(cont'd)*

Online *(cont'd)***:**   [NOTE: If any links are broken, try accessing them *via* the Internet Archive (https://archive.org/web) and/or the Library of Congress Web Archives (webarchive.loc.gov)]

- **Social Credit System**
  By en.Wikipedia.com
  https://preview.tinyurl.com/SocialCreditSystem
  "The social-credit system is a unified records system for individuals, businesses, and government to track and evaluate trustworthiness. The system uses numerical scores as a reward-and-punishment mechanism. Different social-credit systems are ongoing. In China, numerical systems have been implemented only in several regional pilot programs, while the nationwide regulatory method is based primarily on black/white-listing. It is closely related to China's mass surveillance systems (such as 'Skynet,' incorporating facial-recognition, big-data analysis, AI, and Project Maven.)"

- **Swiss Propaganda Research**
  http://swprs.org/contact
  Thoroughly referenced and highly accurate analyses of powerful interests' policies being implemented in the wake of the SARS-CoV-2 pandemic in today's world and their results. Extensive, thoroughly documented COVID-19 section.

- ***Vital Statistics Reporting Guidance. Report No. 3; April 2020. "*Guidance for Certifying Deaths Due to Coronavirus Disease 2019 (COVID–19)"**
  by U.S. Centers for Disease Control and Prevention (CDC) (April 2020)
  https://preview.tinyurl.com/COD-COVID19-CDC
  "Testing for COVID–19 should be conducted, but *it is acceptable to report COVID–19 on a death certificate **without** this confirmation if the circumstances are compelling within a reasonable degree of certainty.*" Such vague 'guidance' ("reasonable degree of certainty") simply begs for bad data. Is this the first time that CDC has given such guidance to physicians in any pandemic? Reporting like this immediately inflates the mortality rate death-caused-by-COVID-19 since "COVID-19" is now listed with the "underlying cause of death" part of the death certificate. Researchers compiling data—*especially if their goal is to support a high COVID-19 case fatality rate (CFR)*—can then truthfully report that—according to their death certificates—many people died from and/or with COVID-19. What they don't answer (among many other questions) is:
    - "Was the deceased actually **tested** for SARS-CoV-2 specifically, other than with an RT-PCR test, which was never meant to be a primary diagnostic test?"
      o "If so, what kind of test was used and how was it used?"
      o "If so, what were the results of the test?"
    - "Did the deceased actually die **from** SARS-CoV-2 virus' infection symptoms (COVID-19), or was an infection (or even just close encounter with a SARS-CoV-2 infected person) merely **presumed** by the documenting physician?"

Societal Psyops *(cont'd)*

Online *(cont'd)*:   [NOTE: If any links are broken, try accessing them *via* the Internet Archive (https://archive.org/web) and/or the Library of Congress Web Archives (webarchive.loc.gov)]

- **"Where's the Evidence Supporting the Drastic Measures against COVID19?"**
  by Rosemary Frei, M.Sc. (March 29, 2020)
  https://preview.tinyurl.com/COVID19-Lockdown-Evidence
  "Summary: The draconian measures being put in place for reducing COVID19 spread are not evidence-based. The societal and economic costs of these measures vastly outweigh their benefits to the population. Data gathered about the numbers of cases and deaths are severely lacking in quantity and quality; the numbers that are available seem to be inflated by influential groups and websites and echoed by the media."

- **"Your 5G Phone Won't Hurt You, But Russia Wants You to Think Otherwise"**
  by William J. Broad, *The New York Times* (May 12, 2019)
  https://preview.tinyurl.com/NYT-Hits-5G-Critics
  https://preview.tinyurl.com/NYT-5G-Lies
  A now notorious disinformation piece about the health effects of radio-, micro- and millimeter-wave radiation. According to Mr. Broad, it is *Russia* that is behind the anti-5G movement, and wireless radiation poses no health risks: "Over the years, plenty of careful science has scrutinized wireless technology for potential health risks. Virtually all the data contradict the dire alarms, according to public officials, including those at the World Health Organization" [*WHO, and in spite of the fact that WHO had determined wireless radiation to be a Class 2B probable carcinogen, along with lead and chloroform!*] [*The "NYT-5G-Lies" URL above links to another article that easily picks apart the NYT's article.*]

Unconstitutional Diversions of Federal (Public) Funds *via* 50 USC

Online: [NOTE: If any links are broken, try accessing *via* the Internet Archive (https://archive.org/web) and/or the Library of Congress Web Archives (webarchive.loc.gov)]

- **"The Appropriations Clause: A History of the Constitution's (as of yet) Underused Clause"**
  by Michelle Ferri and Jonathan Lurie (9 Jan 2019).
  https://preview.tinyurl.com/ApropriationsClause
  > A history of the Constitution's still underused 'Appropriations and Accounting Clause' (Article I, Section 9, Clause 7, *U.S. Constitution*), from two lawyers from the offices of Lurie and Ferri, who put the 'missing-money' issue into revealing context.

- **"The Black Budget: Crossroads of (Un)Constitutional Appropriations and Reporting**
  by Michelle Ferri and Jonathan Lurie (7 Feb 2018).
  https://preview.tinyurl.com/TheBlackBudget
  > A revealing expose' of the unaccounted for 'Black Budget' used by intelligence, military, and other propagandized/bullied organizations of people, by two lawyers from the law offices of Lurie and Ferri.

- **"The Black Budget Report: An Investigation into the CIA's 'Black Budget' and the Second Manhattan Project"**
  by Michael E. Salla, PhD (5 Feb 2004)
  https://preview.tinyurl.com/BBReport-Salla
  > An examination of the CIA's 'black budget' and extensive network of 'deep-black projects' that it funds. "[T]he size of the black budget, the secrecy surrounding it, the extent senior officials in Federal agencies go to targeting individuals and companies who threaten to reveal where congressional appropriations are ultimately going, suggest a vast number of 'deep-black projects' that collectively form a highly classified second Manhattan Project whose existence, goals, and budget are kept secret." A verifiable and thorough overview of the subject. [**CAUTION**: Dr. Salla later provided increasing amounts of disinformation on this and other topics, in what appeared to be a classic example of a controlled-opposition 'Pied Piper. A ' Pied Piper'—while initially providing valid information, which attracts followers—later provides increasingly false information that his followers believe. To fence-sitters and opponents, this makes very suspect the *initial valid* information, thus causing disbelief in the validity of *entire* subject area. Nevertheless, this early Salla article appears valid. (The moral: "Don't throw the baby out with the bathwater.")]

Unconstitutional Diversions of Federal-Government (Public) Funds *via* 50 USC *(cont'd)*

Online *(cont'd)***:** [NOTE: If any links are broken, try accessing *via* the Internet Archive (https://archive.org/web) and/or the Library of Congress Web Archives (webarchive.loc.gov)]

- **"The CIA's Secret Funding and the Constitution"**
  by *Yale Law Journal* (Volume 84, Issue 3, Article 8) (1975).
  https://preview.tinyurl.com/SecretFunding1975

  "This *Yale Law Journal* 'Note' defines the ['Appropriations & Accounts'] clause [of the *U.S. Constitution*], examines its language, history, and purposes, and analyzes possible justifications for current funding and disclosures. It concludes:
  (a) **the failure to make specific appropriations to the Agency [***CIA***],** and
  (b) **the failure to provide information about [***the CIAs***] expenditures to the public**
  are both violations of the U.S. Constitution." …. "**Congress virtually delegated its appropriations power to another body [***the CIA***]. Both Congress and the people were prevented from checking expenditures for constitutionality, legality, public acceptance, and waste.**"

- **"Disclosure of Budget Information on the Intelligence Community"**
  by U.S. Senate: Select Committee to Study Governmental Operations with Respect to Intelligence Activities (April 14, 1976)
  https://preview.tinyurl.com/Missing21Trillion-4

  Invaluable original background material on the funding diversions to U.S. intelligence agencies, especially the CIA.

- **"Has Our Government Spent $21 Trillion Of Our Money Without Telling Us?"**
  by Laurence Kotlikoff (Dec 2017–Jan. 2019)
  https://preview.tinyurl.com/Missing21Trillion
  https://preview.tinyurl.com/Hiding21Trillion
  https://preview.tinyurl.com/Unaccounted21Trillion

  This series of three highly revealing articles from Forbes.com not only details an unaccounted-for **$6.5 trillion** that was missing from the U.S. Army's financial accounting just for the year 2015, but also an unaccounted for **$21 trillion** missing from just two Federal agencies from 1998–2015. "[W]e're talking about the biggest government financial deception in the history of the country." "[O]nly a few people with high-level security clearances…will now be allowed to restate financial statements in order to conceal actual expenditures without any disclosure …. thus making evaluation of government financial statements impossible. From this point forward, the federal government will keep two sets of books: one modified (and useless) book for the public, and one true book, that is hidden."

Unconstitutional Diversions of Federal-Government (Public) Funds *via* **50 USC** *(cont'd)*

Online *(cont'd)***:** [NOTE: If any links are broken, try accessing *via* the Internet Archive (https://archive.org/web) and/or the Library of Congress Web Archives (webarchive.loc.gov)]

- **"United States v. Richardson"** by U.S. Supreme Court [418 U.S. 166 (1974) • 94 S. Ct. 2940] (25 June 1974)
  https://preview.tinyurl.com/US-VsRichardson
    [*This case, the Harrington v. Bush case, and the Halperin v. CIA case (below) are prime examples of the contorted legal logic used to deny the public information as to the CIA's funding.*]   In 1968, a U.S. citizen and taxpayer sought to acquire financial documents published by the Government—especially the CIA—that were in compliance with the *Constitution*'s Article I, Section 9, Clause 7 (see "Very Large, Long-Term, Secret Diversions of U.S. Government Funds…" section, p. 39–42). This suit was denied by the District Court (which claimed Richardson "lacked standing"), then upheld by the DC Court of Appeals (claiming he did have "standing"), and finally denied again by the Supreme Court: "Mr. Richardson 'lacked standing'" to bring such a suit, regardless of whether he might have won that suit or not. The issue is a 'political matter' to be dealt with by Congress, not by taxpayers filing lawsuits.

- **"Harrington v. Bush"** by U.S. Court of Appeals, DC Circuit [553 F.2d 190 (D.C. Cir. 1977)] (18 Feb. 1977).
  https://preview.tinyurl.com/ HarringtonVsBush
    This case argued that removing information on national-security spending substantially reduced the quality of the reports as a transparent spending accounting for the public. Yet it did not make it past the U.S. Court of Appeals, as it was dismissed on the same grounds as *U.S. v. Richardson* (see above). The decision itself reads as a kind of judicial sophistry. For example, in regards to plaintiff Harrington's out his status as a member of Congress does not give him 'standing' as the "[a]ppellant, in his status as a Congressman, has a wide range of rights, duties, and interests related to this official capacity. Thus, it is not sufficient for appellant or any other legislator merely to allege this status as a ground for standing. Such generalized allegations do not provide a court with enough information as to the particular interests at stake in the litigation."

- **"Halperin v. Central Intelligence Agency"** by U.S. Court of Appeals: DC Circuit [629 F.2d 144 (D.C. Cir. 1980)] (11 July 1980).
  https://preview.tinyurl.com/HalperinVsCIA
    In 1976, Freedom of Information Act (FOIA) request was made by Mr. Halperin with the CIA for limited financial information, but most of it was refused, so Mr. Halperin sued the CIA. The DC District Court ruled in favor of the CIA, however, and—although Mr. Halperin appealed—the Court of Appeals affirmed that ruling. The

Unconstitutional Diversions of Federal-Government (Public) Funds *via* 50 USC *(cont'd)*

Online *(cont'd)*: [NOTE: If any links are broken, try accessing *via* the Internet Archive (https://archive.org/web) and/or the Library of Congress Web Archives (webarchive.loc.gov)]

> Appeals Court decided that "the requested documents are specifically exempted from FOIA disclosure by two statutes," and that "plaintiff lacked standing to challenge their constitutionality." "We hold that the CIA-exempting statutes as applied in this case are not unconstitutional." The Court ruled that only the President and Congress can make such information publicly accessible [*yet these are often (s)elected officials put into office via election thefts (see "Elections-Thefts Related" resources, pp. 165–169)*].

- **United States Code (USC), Title 50, Chapter 46, Section 3506. "General Authorities"** (from *The CIA Act of 1949*, as amended)

  https://preview.tinyurl.com/50-USC-3506

  > **"[A]ny other government agency is authorized to transfer to or receive from the** [*Central Intelligence*] **Agency such sums without regard to any provisions of alaw limiting or prohibiting transfers between appropriations. Sums transferred to the [***Central Intelligence***] **Agency in accordance with this paragraph may be expended for purposes and under authority of this chapter without regard to limitations of appropriations from which transferred."**

- **United States Code (USC), Title 50, Chapter 46, Section 3510. "Appropriations"** (from *The CIA Act of 1949*, as amended)

  https://preview.tinyurl.com/50-USC-3510

  > **"Sums made available to the [***Central Intelligence***] **Agency may be expended without regard to the provisions of law and regulations relating to the expenditure of Government funds;** and **for objects of a confidential, extraordinary, or emergency nature, such expenditures to be accounted for solely on the certificate of the [***CIA***] **Director,** and **every such certificate shall be deemed a sufficient voucher for the amount therein certified."**

- **"The War on Waste"**
  by Aleen Sirgany (Jan. 29, 2002)
  https://www.cbsnews.com/news/the-war-on-waste/
  > "President Bush in his 2003 budget called for more than $48 billion in new defense spending. Yet the Penatagon's own auditors admit the military cannot account for 25 percent of what it spends. **'According to some estimates, we cannot track $2.3 trillion in transactions,' Rumsfeld admitted during a news conference on September 10, 2001, the day before the events of 9/11.**

Online Sources of Genuine News and Background on Issues

> **PLEASE NOTE:**
>
> The manipulation of 'news' by using disinformation and misinformation has been widespread for a very long time. Even so, even many of today's 'alternative' TV/radio/web news media are promoting inaccurate information.
>
> **Two similar terms describe inaccurate information:**
>
> * '*Mis*information' is simply information composed—at least in part—of inaccurate material. Most misinformation promoters sincerely believe its veracity and do *not* have deceptive intent. However, misinformation might or might not contain *dis*information picked up from other sources.
>
> * '*Dis*information' is information composed—at least in part—of inaccurate material, with its primary promoters *deliberately* attempting to deceive the recipients of that information by using the valid information that the reader/listener already knows is true, then adding false/misleading information in the hopes that the reader/listener will believe it, as well, since there was valid information contained in the message/video/program/*etc.*
>
> Those groups manipulating global power structures today wield so much financial and force-backed power that they have gradually increased their control of much of the world's news media, which includes most news websites, whether mainstream or 'alternative.'
>
> **The bottom line: it's really up to each of us to find out:**
>
> **a) Which parts of what we read/hear are likely genuine information.**
>
> **b) Which are likely misinformation/disinformation.**
>
> **c) The extent to which a website's operator sincerely believes the mis/disinformation on that website operator's site.**
>
> **Then we must make decisions about what to do next in regards to this information.**
>
> (For related information of interest, please also see:
> **"'Deep State' Veterans Find New Homes in Mainstream Media"** by Caitline Johnstone. at
> https://preview.tinyurl.com/IntelNewsmen)

- **"Astroturf Manipulation of Media Messages"**
  https://preview.tinyurl.com/AstroturfManipulation
  Essential viewing. This is this a 2014 TEDx talk by Sharyl Attkisson at the University of Nevada. Attkisson—a long-standing, multiple-Emmy-Award-winning investigative journalist and ex-CNN and CBS reporter—is astounding on her own. [**NOTE***:* Keep in mind that Ms. Attkisson has actively *avoided* topics that could conceivably pull the linchpins from the current oppressive regime that has ruled over most of the U.S. population since at least Nov. 22, 1963, if not long before. Such forbidden topics include: what actually happened before, during, and after JFK's assassination and September 11, 2001; verified widespread election-machine hacking; plus a host of other very 'third-rail' issues. Instead, Attkisson only reveals 'limited hangout' of unsavory U.S. government-and-corporate-related activities, such as pharmaceutical corporations' unethical actions with government agencies.]

Online Sources of Genuine News and Backgrounds on Issues *(cont'd)*

[NOTE: If any links are broken, try accessing them *via* the Internet Archive (https://archive.org/web) and/or the Library of Congress Web Archives: webarchive.loc.gov]

- **Axis of Logic**
  https://axisoflogic.com
  Axis of Logic is "an all-volunteer group of writers and editors committed to publishing news and commentary not presented in major news outlets. The editorial choices we make have no hidden agenda and are *not* attached to any particular ideology or political organization. Our worldview is: world peace; democracy; self determination of all nations; respect for national sovereignty; noninterference in the domestic affairs on any nation by foreign governments; fair and just economic systems; responsibility for the preservation and protection of nature; and compassion for ourselves and our fellow human beings."

- **The Centre for Research on Globalization (CRG)**
  https://www.globalresearch.ca
  Founded & directed by Michael Chossudovsky, Prof. of Economics (University of Ottowa, a non-profit, Canadian-based CRG), is an independent research and media organization. Current-events analysis and news posted about current events by a variety of authors expose at least part of what's behind mainstream news' headlines. The CRG website "publishes news articles, commentaries, background research, and analyses on a broad range of issues, focusing on social, economic, strategic, and environmental processes." (==ALERT==: Regularly hosts disinformation posts, apparently to discredit certain areas are somehow off-limits to investigation by associating valid claims with what soon become thoroughly discredited or otherwise spurious claims.)

- **Henri's Web Space**
  https://henrithibodeau.wordpress.com/alternative-news/
  "…insightful information, interpretations, and reflections about our world, where we came from, and where we may be collectively headed." This page is a collection of 'alternative' news website links, some of which are genuinely independent, while others display varying degrees of valid information and disinformation.

- **Institute for the Study of Globalization and Covert Politics (ISGP)**
  https://isgp-studies.com
  ISGP claims to be highly successful analyzing the various establishments of the Western world and how they interact both with each other and with national governments. It is truly a vast compendium of information, and invaluable for back-grounding key issues, organizations, and their affiliates. [==ALERT==: Certain key disinformation memes and—more recently—*overtly* racist memes are emphasized throughout, as if the site's operator is trying to discredit research into the subject his site claims to reveal.]

Online Sources of Genuine News and Backgrounds on Issues *(cont'd)*

[NOTE: If any links are broken, try accessing them *via* the Internet Archive (https://archive.org/web) and/or the Library of Congress Web Archives: webarchive.loc.gov]

- **Microwave News**
  https://microwavenews.com
  *"**Microwave News** covers news concerning the entire non-ionizing electromagnetic spectrum, emphasizing mobile phones and power lines, as well as radar and broadcast towers. In addition, we cover medical applications of different types of fields and radiation, as well as the ability of various species to navigate using the Earth's magnetic field. All print issues may be downloaded from the News Center at no cost."*

- **MuckRock.com**
  https://muckrock.com
  "MuckRock is a non-profit, collaborative news site that brings together journalists, researchers, activists, and regular citizens to request, analyze, and share government documents, making politics more transparent and democracies more informed. The site provides hundreds of thousands of pages of original government materials, information on how to file requests, and tools to make those requests easier."

- **National Freedom of Information Coalition (NFOIC)**
  https://www.nfoic.org
  The NFOIC declares it is "a nonpartisan alliance of state and regional affiliates promoting collaboration, education, and advocacy for open government, transparency, and freedom of information. Our mission is to make sure state and local governments and public institutions have laws, policies, and procedures to facilitate the public's access to their records and proceedings. Our goal is … ensuring everyone's right to information and helping public institutions meet their legal obligations efficiently."

- **SpitfireList (David Emory)**
  https://spitfirelist.com
  Spitfirelist is a wealth of relevant information researched and/or compiled by David Emory, a "political researcher and broadcaster whose California-based radio programs are heard on a regular basis in the United States, Canada, and Europe. Mr. Emory's broadcasts focus on the U.S. military and intelligence community's historical involvement with international fascism. Mr. Emory researches such national-security-establishment abuses as domestic and foreign political assassinations, governmental complicity with organized crime and drug smuggling syndicates, *etc.*"

Online Sources of Genuine News and Backgrounds on Issues *(cont'd)*

[NOTE: If any links are broken, try accessing them *via* the Internet Archive (https://archive.org/web) and/or the Library of Congress Web Archives: webarchive.loc.gov]

- **Swiss Propaganda Research**
  https://www.sprword.com
  "Sprword was started to counter the continuing consolidation of mainstream media and its limited and agenda-based reporting. Sprword.com plans to counter corporate media by providing links to important videos, articles, and websites that reveal what corporate mainstream media refuses to recognize as need-to-know information."

- **That 1 Archive**
  https://that1archive.neocities.org [*Not updated since 2017. Use 'Muckrock' site, above, for currently updated information*]
  Though updates ended in 2017, this site is still a trove of primary source materials describing the origins of the ongoing molding of our dysfunctional society and how that society is perpetuated. "*That 1 Archive* is a meta-archive drawing from many sources that pursue the ideals of exploring history and eternal preservation. It also has one of the largest archives on security, intelligence, espionage, & related issues."

- **Unlimited Hangout**
  https://unlimitedhangout.com
  Well-researched reports and articles on issues such as COVID-19 and its fallout, etc. Investigative journalist Whitney Webb is joined by several others, who offer a variety of well-vetted reports on the actual state of affairs.

- **Upside Down World**
  https://www.facebook.com/upsidedownworld [*Current*]
  https://upsidedownworld.org [*No updates since 2018.*]
  A Latin American perspective on issues, Upside Down World provides "a news and analysis outlet covering social movements and politics in Latin America. Since 2003, we have provided coverage addressing imbalances of political and economic power in our hemisphere, highlighting voices and victories of social movements, tracing the impact of Washington's imperialism, and investigating the political landscape."

Online Sources of Genuine News and Backgrounds on Issues *(cont'd)*

[NOTE: If any links are broken, try accessing them *via* the Internet Archive (https://archive.org/web) and/or the Library of Congress Web Archives: webarchive.loc.gov]

- **Voltairenet.org**
  https://www.voltairenet.org/en
  Founded by French journalist/political activist Thierry Meyssan, Voltaire.net "hones the critical thinking of its readers" *via* analyses of international relations." The site's journalists declare adherence to the 10 principles of the *Declaration on the Promotion of World Peace and Cooperation* created by the 1955 international-rights-focused 'Bandung Conference.' [**CAUTION**: While much information here seems legitimate, **Webster Tarpley—notorious purveyor of disinformation and 'former' leading member of the Lyndon LaRouche political cult—is a regular contributor**.]

- **Want to Know**
  https://www.wanttoknow.info/mediaarticles
  Co-founded by Fred Burks, a former U.S. State Department interpreter for heads of state, WantToKnow posts news-media articles taken from mainstream sources for added credibility, yet still vividly illustrates the corruption and criminal activities of elites and governments. The site also contains a link to click if one starts feeling overwhelmed by the relentless unpleasantness! This leads to some very wise words as to why it's important to know what's really going on while still remaining grounded and optimistic (with further links to support those ends).

- **WhoWhatWhy.org**
  https://whowhatwhy.org
  A mixed bag of insightful analyses and reporting of genuine information—including "deep-state" issues—along with disinformation. WhoWhatWhy claims it "embodies a form of investigative reporting that is rigorous, relentless, and scientific," requiring "skepticism towards power and credentialed expertise; determination to unearth the facts interested parties want to keep hidden; and unflinching commitment to follow the trail wherever it leads. Our organization is neither partisan nor ideological, only providing accounts based on extensive research and thorough sourcing."

- **Zersetzung**
 https://www.zersetzung.org
  Penetrating analyses of the realities of our present situation that pushes the boundaries. The website operator recommends users to do a full-website backup in case the site is taken down.

INDEX
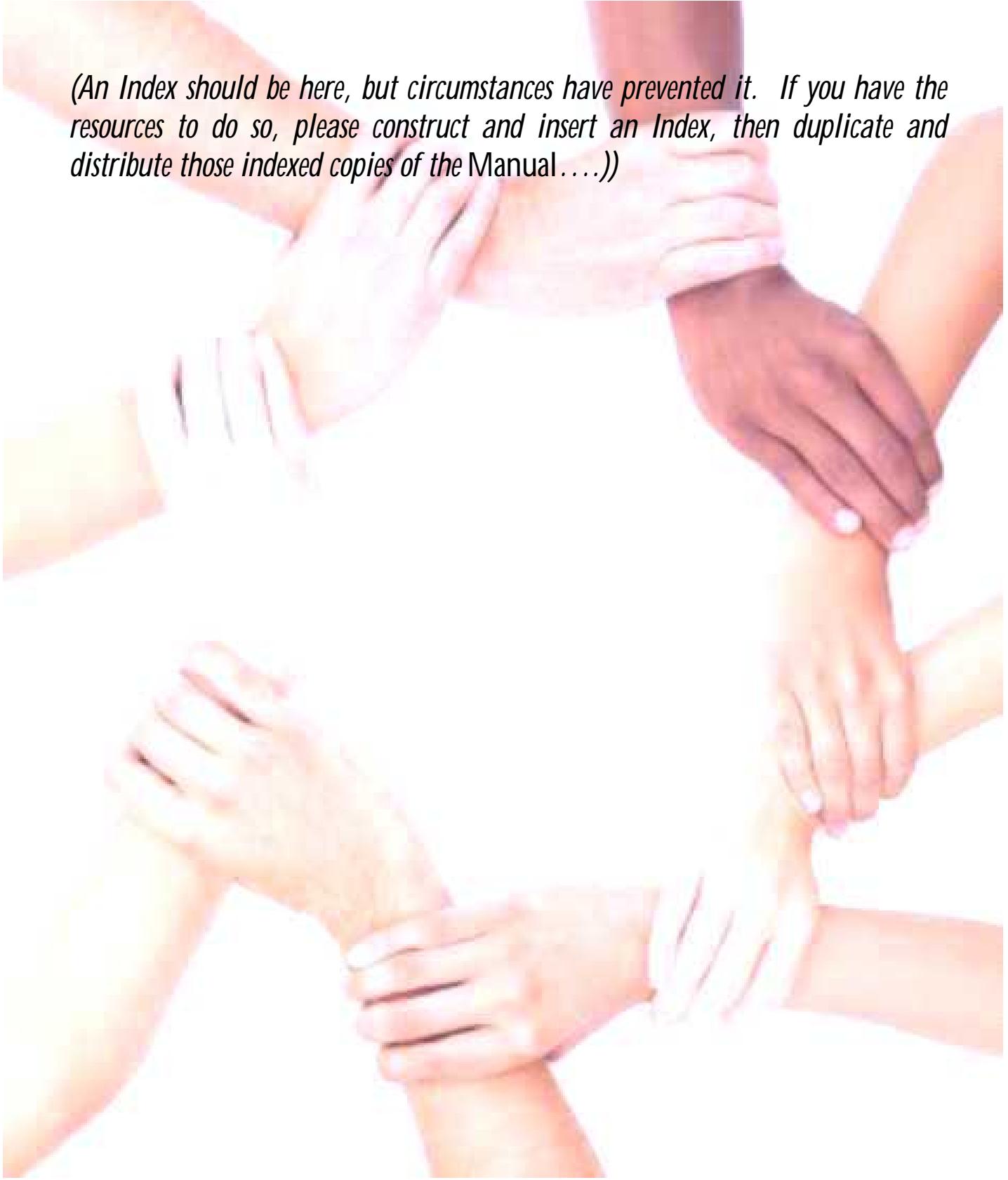
(An Index should be here, but circumstances have prevented it. If you have the resources to do so, please construct and insert an Index, then duplicate and distribute those indexed copies of the Manual*....))*

<u>Notes</u>
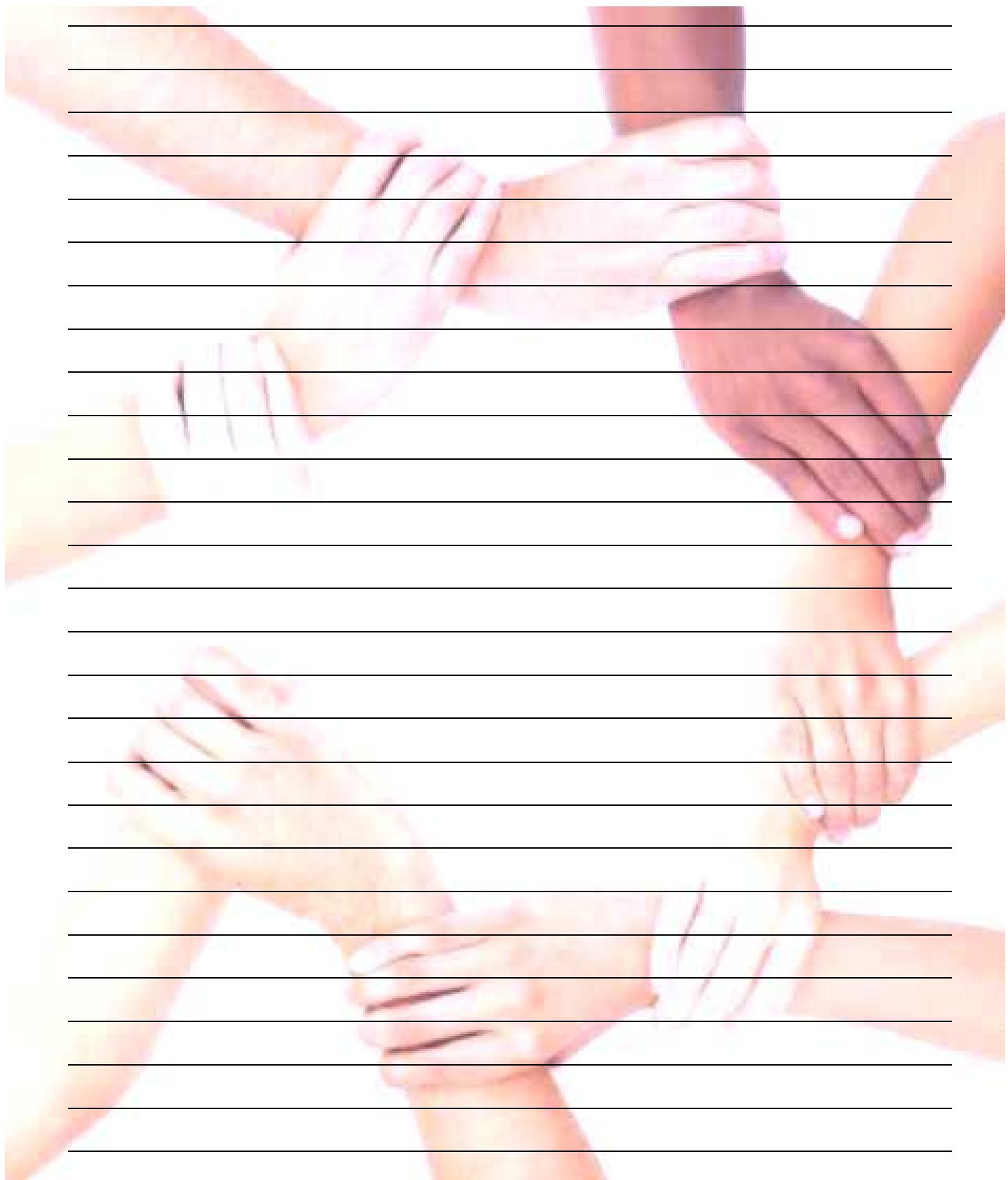
"Divide the counties into wards of such size that every citizen can attend and act in person.

"Ascribe to them the government of their wards in all things relating to themselves.

"By making every citizen an acting member of government and those offices most interesting to that citizen, will attach that citizen by his strongest feelings to the independence of his country and its Constitution.

"These wards ... have proved themselves the wisest invention ever devised for the perfect exercise of self-government and for its preservation."

- Thomas Jefferson -
(Personal correspondence, July 1816)

"[W]henever any form of government becomes destructive of these ends, it is the right of the People to alter or abolish it, and to institute new government."

~ **Thomas Jefferson** (*The Declaration of Independence*, July 1776). [The *Declaration* was commissioned by the United States' Second Continental Congress in 1776. After Jefferson presented it to that Congress, the *Declaration* was stripped of its anti-slavery provisions (thanks to two pro-slavery states), passed on July 2, 1776, then formally 'approved' on July 4, 1776.]

There will be *no* miraculous, sudden transformation into an 'enlightened' culture without *first* engaging with our long-suppressed *shadow issues* (*e.g.*, irredeemable national and international corruption at the highest levels, *etc.*). Ask yourself: "Should a family member who is being abused by another family member deny that the abuse is taking place? If not acknowledged and pointed out, those involved made acutely aware of such abuse, and/or other measures taken, the abuse will make toxic much of the resulting family relationships.

"It always seems impossible… until it happens."

~ **Nelson Mandela** ~

How can we truly self-govern ourselves? How can we better see—and engage with—the actual reality of the various crises in which we now find ourselves? How can we act together for both the common good and our own freedom?

What would happen if we pooled our perceptions of reality with trusted others? Would doing so reveal more of the entire reality of any given situation? And if we did this from the voting-precinct level, might that allow us to co-create a system of grassroots deep democracy that could remake our government?

Can a critical mass of individuals healthfully respect and trust each other enough to gain the political power necessary to jumpstart a new culture based on that respect and trust?

Lately we've been experiencing reality in ways that only seem to increase our apathy and further our misperception of separation. This not only allows but contributes to much of the mass-casualty event now underway here on Earth.

Much public apathy and misperception originates from the *de facto* controllers of our news and cultural media, who manipulate our perceptions in many ways, both overtly and covertly.

In short, our perceptions of reality have been hijacked and then used as weapons against our ability to comprehend reality well enough to live freely.

To change this for the better, fundamental and healthful shifts in our awareness are essential to result in the most appropriate actions.

Also available for FREE .pdf file download at:
www.ncpaaction.wordpress.com
preview.tinyurl.com/NCPA-Man-v5

The Neighborhood Councils - Precinct Assembly (NC-PA) system—based at the voting-precinct level—is created by deeply democratic, self-governance practices that clarify and pool its members' perspectives on issues. This results in much more accurate perceptions of actual reality (what the blind men of the "Blind Men and the Elephant" story could have done but didn't). Using these more accurate pooled perceptions, groups can then make key decisions and take vital actions that are far more effective than those based on misperceptions, engineered or otherwise.

Neighborhood Councils–Precinct Assembly (NC-PA)
Helping societies heal through deep democracy